

Workshop with Wendy LeBlanc- Arbuckle

21 & 22 September 2019
a two day workshop



Pilates and Biotensegrity – Flowing in the Fascial Matrix

Traditionally, in biomechanics, the focus of structural order has been from the ground up, with the pelvis playing its central (center of gravity) role. Within our biointelligent approach to movement, the significance of the force transfer of the fascial matrix through the “breathing spine” to the head and arms, tail and legs, needs to be considered to complete the picture.

In this workshop, we will explore moving within the CONTEXT of the 3Core Connections® Embodied Perspective (3CCEP), giving you an embodied access to:

Experiencing how to “listen” to the guidance of your body wisdom through the spatial motility of your internal organs, and how they support your movement, so the most difficult movements are experienced with maximum efficiency and minimum effort... “effort with ease”;

Experiencing a playful approach to the Pilates Repertoire... re-setting your nervous system’s vagal tone and primal connections...creating deeper understanding of the Basic to Intermediate/Advanced Pilates movements;

Discovering your “fascial elastic-recoil breath”, as an access to whole body core coordination and the continuity of “tension-compression” biotensegrity;

Discovering an updated fluid, fascial “biointelligent language” from your unique creativity, curiosity and perceptual awareness, by focusing on what’s working or what’s missing, rather than what’s right/wrong... which profoundly influences your approach to embodied teaching and moving in your own practice and in life!

Registration and Fees

Early bird discount!

Until 15 May 2019 – CHF 700.00

After 15 May 2019 – CHF 800.00

12 PMA CEC’s

Limited participation

Your place is reserved upon payment

To register please contact

April Jones

+41 (0) 76 413 67 66

info@pilatesworks.ch

Pilatesworks

Bahnhofstrasse 33, CH-8703 Erlenbach/ZH

www.pilatesworks.ch