



Please join us for a weekend in the Boston-area

ERIC FRANKLIN

June 1st & 2nd, 2013

June 1 - 9:30am - 1pm: Relax Your Neck, Liberate Your Shoulders

June 1 - 2:30pm - 6pm: Pelvic Power for Core Integration

June 2 - 9:30am - 1pm: Breathing for Health, Happiness, Energy and Rejuvenation

June 2 - 2:30pm - 6pm: The Psoas: Beyond the Abdominals



Belmont, Massachusetts

Go to everybodypilates.com/login to find out how to register online!

You can sign up for 1 workshop, 1 day, or the whole weekend. Registration and deposit (\$100) are due by April 1st. Full tuition is due by May 1st. For more information on nearby hotels, restaurants and parking, please visit the LINKS page on our Web site.

\$150/half day (1 workshop) • \$250/full day (2 workshops) • \$450/whole weekend

Relax Your Neck, and Liberate Your Shoulders

Experience the power of imagery, touch and movement exercises to lengthen and balance shoulder and neck musculature

Learn how to melt away tension and associated mental anxiety. Release holding patterns in the upper body by activating the pelvic floor foundation and becoming aware of organic causes of tightness and muscular rigidity. Learn the experiential anatomy of the shoulder girdle and benefit from an increased awareness into the function and interaction of joints and muscles. Exercise with small rolling balls to experience smooth joint action, increased circulation and balanced posture.

This serves as a wholesome foundation for a liberated shoulder girdle and a relaxed, mobile neck. A unique evolutionary invention, our shoulder girdle allows us to maintain our arms above our heads for a fairly long period of time without tiring. The counterbalancing effect of the shoulder blade is especially helpful in arm elevation. Experience how the design of the shoulder girdle suspends it from the ribcage. Learn how to melt away tension and associated mental anxiety. Let your shoulders and neck become a place of ease and comfort:

Learn how to:

- Your shoulders are designed to move
- To have suspended, free and easy shoulders
- To use Franklin balls and elastic bands to create smooth joint action

Pelvic Power for Core Integration

Delve into the understanding of pelvic anatomy and biomechanics

This study can result in improved posture, a stronger centre, and relief of lower back pain. Experience how the pelvic bones and muscles coordinate to create healthy movement. Practice how it feels to integrate this knowledge into daily activity. Experience imagery, touch, and movement exercises.

Learn how to:

- Create effortless alignment and balance
- Align your legs and spine
- Improve stability and strength through the pelvic floor
- Increase hip and spinal flexibility through the pelvic floor

Breathing for Health, Happiness, Energy and Rejuvenation

- Understand how breathing really works
- Discover how the diaphragm relates to the pelvic floor
- Experience the spiral movement of the organs
- Uplift your mood with centered breathing
- Improve your posture, align your spine
- Feel grounded and confident
- Learn how to relax during challenging moments

Breathing for Health, Happiness, Energy and Rejuvenation Continued...

In this class will discover how much your breath can do for you to improve posture, stamina and elevate your mood, coordination, confidence and organ health. We will be exploring the anatomy and function of the diaphragm, our most important breathing muscle. It is intimately related to the psoas, quadratus lumborum and the lumbar fascia. The function of the diaphragm affects circulation, metabolism and the tone of the organs. The diaphragm coordinates with the abdominal muscles, pelvic floor and Ilopoas in maintaining an integrated dynamic core.

We will explore the movement of the lungs, heart and upper abdominal organs as it relates to breathing and posture. The participants will learn imagery supportive of sitting, standing, walking, exercise and sports and experience how breath induces a centered, calm and in a positive mental outlook.

The Psoas: Beyond the Abdominals

The psoas as a true core muscle hugs the lumbar spine. Awareness and proper training of the psoas creates good spinal and pelvic alignment and liberates the lower back and hip joint. Recent research reveals the psoas as two separate units, deep and a superficial. In this workshop we will use imagery and movement protocols to activate and balance the two functions. In a next step we include other core muscles in this synergy, the transversus abdominis and deep multifidus. Furthermore, the psoas, diaphragm and pelvic floor are developmentally and functionally interrelated. As movement educators we need to have a good understanding of the psoas role in movement, stability and balance.

- This workshop will combine both theory and practical work:
- Learn the functions of the (two) psoas and ilacus muscles
- Release your lower back, free your neck and relax your shoulders
- Enjoy full flexibility in your hip joints and spine
- Improve your ability to balance, feel more grounded and stable
- Create more ease of movement in walking, running and sitting
- Feel grounded and balanced and ready for effortless movement

Biography

Eric Franklin is a dancer, movement educator, university lecturer and successful author. He earned his BS form the University of Zurich and his Bachelor of Fine Arts at the New York University's Tisch School of the Arts.

Eric has studied and trained with some of the top movement imagery and conditioning specialists around the world and has used this training as a professional dancer in New York. Eric teaches at universities and arts educational schools throughout the world including New York University School of the Arts, the Royal Ballet School and the Laban Center in London. In 1998, he introduced the first dance conditioning methodology to mainland China. Recently he has taught at the Juilliard School in New York and the Royal Danish Ballet.

As founder of the Franklin-Method Institute in Switzerland, Eric Franklin regularly offers workshops and Teacher Training courses on the topics covered in his books.