




**FRANKLIN
METHOD®
MOVEMENT
& IMAGERY
WORKSHOPS
2011**

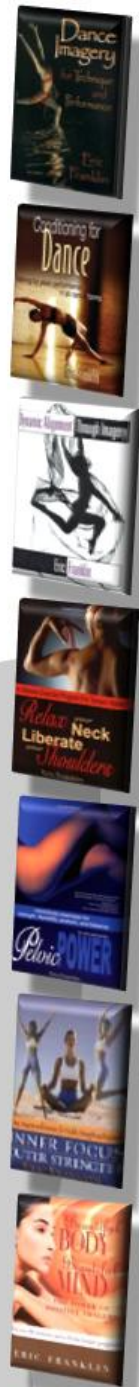


Proudly
presented by: 

TOPICS

- ➔ Pelvic Power
- ➔ Relax your Neck, Liberate your Shoulders
- ➔ Fabulous Feet

**BOOK NOW TO
GUARANTEE YOUR PLACES
in Coffs Harbour**
www.franklinmethod.com.au



FRANKLIN METHOD® WORKSHOPS – Coffs Harbour 2011



REGISTRATION DETAILS – or register online at www.franklinmethod.com.au

Name: _____

Address: _____ Postcode: _____

Telephone: Home: _____ Mobile: _____ Work: _____

Email Address: _____

Training / Certification: _____

Teaching Experience: _____

What form of movement do you teach primarily: _____

How did you learn about this workshop series? (please circle) Website Email Mail-out Word of Mouth Other: please specify _____

Is there anything that may prevent you from performing physical exercise, or factors that we should know about? eg. Diabetes, Epilepsy etc. If so please give details: _____

WORKSHOPS		PAYMENT		
City: _____				
Topic: _____	Date: _____	Method of Payment (please tick):	Credit Card Payment:	
_____	_____	VISA <input type="checkbox"/>	Card Number: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
_____	_____	MASTERCARD <input type="checkbox"/>	Expiry Date: <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/>	
_____	_____	Total Amount Payable: _____	Name on Card: _____	Cardholders Signature: _____

Note: Please be advised that bookings must be accompanied by payment to reserve your place. Balance & Control Pilates Studio Pty Ltd. accepts no responsibility for loss of property while on the premises or any personal injury related to participation in a session if you fail to observe instructions on safety or technique, or if such injury is caused by the negligence of another participant in the studio. If you have any doubts about the suitability of the exercises, you should not take part. All prices for workshops are inclusive of GST and are taxed at the appropriate rate. No refunds will be issued. Balance & Control Pilates Studio reserves the right to change the published schedule at any time. I understand all of the above details, and enclose payment for my chosen sessions.

Post to: Balance & Control Pilates Studio

Signed: _____

Date: ____/____/____

Suite 3, 474 Victoria St. Richmond, VIC 3121

Fax to: (03) 9429 6441

FRANKLIN METHOD® WORKSHOPS – Coffs Harbour 2011

	Location	Date	Time	Topic
Coffs Harbour (Sawtell)	Beyond Movement Studio	Sat 10 th September	2pm-5pm	Pelvic Power
	Contact: Suzanne McCarty 10 May Street, Sawtell	Sun 11 th September	10am-1pm	Relax your Neck, Liberate your Shoulders
	Tel: (02) 6653 1219 Email: office@beyondmovementstudio.com.au Web: www.beyondmovementstudio.com.au	Sun 11 th September	2pm-5pm	Fabulous Feet

FRANKLIN METHOD® WORKSHOP DESCRIPTIONS

Franklin Method® - Pelvic Power

Mind/body exercises for strength, flexibility, posture and balance. Experience the benefits of the mind/body connection through imagery, movement and touch. Franklin Method® imagery provides the brain with the feedback it needs to create improved ease of movement, flexibility and strength. In this workshop we discover how specific movements of the pelvis make abdominal and pelvic stability a whole new training field. Discover this new approach to pelvic dynamics and open the door to the wonderful world of imagination!

Franklin Method® - Relax your neck, Liberate your shoulders

The ultimate exercise program for tension relief Learn imagery exercises to melt away shoulder and neck tension by understanding the evolutionary background of shoulder girdle anatomy. Release holding patterns in the upper body, learn the experiential anatomy of the shoulder girdle, and benefit from an increased awareness of the function and interaction of joints and muscles. Exercises with the Franklin Balls increase circulation, which coupled with tactile feedback serves as a wholesome foundation for a liberated shoulder girdle and a relaxed, mobile neck.

Franklin Method® - Fabulous Feet

Our feet carry us throughout our life – yet most of us are unaware of the amazing design that makes this possible. A myriad of bones, joints and muscles interacting in complex fashion allow the foot to propel us forward, adapt to terrain, and serve as a foundation and sensory organ. This workshop will elaborate on the complex function of the foot in an experiential manner, allowing us to improve the agility and well being of our feet in all situations, including walking, running, jumping and dancing. In dance as in life, the strength and agility of the feet are key. Without strong and well aligned feet, good posture cannot be attained, and safe jumping is all but impossible.

The workshop will help develop a deeper insight into the functional anatomy of the foot. Imagery and self-touch exercises, as well as the use of the Thera-band

will strengthen the muscles of the foot and ankle improving the efficiency of the bones, tendons, muscles and joints for walking and jumping.

PRESENTER INFORMATION

Bruce Hildebrand

B. App. Sc. (HM)

Bruce is the co-director of Balance & Control Pilates Studio in Melbourne and is the Strength Coach for the Australian Ballet School. After graduating with a Sports Science degree, Bruce trained for five years overseas in Pilates and was on the teacher training team with Body Control Pilates (UK). He is the pioneer for Franklin Method® teaching in Australia – certified through the Franklin Method® Institute in Switzerland, and has presented on Pilates and Franklin Method® at National Conferences in both the UK and Australia.



WORKSHOP FEES

Booking Type	Fee	Multi-session Saving
One Workshop	\$130.00	
Two Workshops	\$260.00	
Multi-session – 3 Workshops	\$350.00	\$40

ONLINE REGISTRATION

Visit www.franklinmethod.com.au for online registrations

Alternatively, print the registration page and fax to: (03) 9429 6441

Phone enquiries: (03) 9429 6448

Email enquiries: info@franklinmethod.com.au

FRANKLIN METHOD OVERVIEW

The Franklin-Method® is the only movement education:

- with the focus on all the applications of imagery
- that teaches function based on evolutionary design
- that simplifies the complex without losing the essence
- with a focus on learning by doing

Imagery - the key body/mind skill

The use of the power of the mind has been known for thousands of years. Today it is used in a variety of fields: health practitioners, psychologists, athletes and dancers. Through the Franklin Method® you learn to experience the benefits of the mind-body connection through imagery, movement and touch. Our imagery will provide the brain with the feedback it needs to create improvements in movement, flexibility and strength. Imagine you are in a dark room, then the light is turned on and suddenly you can move freely and avoid collision. Imagery is like turning the light on in your body.



Experiential Anatomy

The Franklin Method® integrates movement, health and well-being through a careful study of the evolution of the human body. The skeleton moves in concert with the biomechanical rhythm of each bone. Each muscle expands and contracts in synchronised waves. Even the organs support flexibility and alignment.

Using biomechanical principles, touch and other awareness techniques we harmonise the underlying systems into a whole, allowing movement and well-being to flow.

Reconditioning Movement

The body was designed to move and movement is the great elixir of life. Where there is lack of movement life becomes stagnant and stale. Thus the Franklin-Method® uses a rich variety of movement ranging from everyday activity, walking, sitting, and standing to dynamic stretching, Therabands®, Franklin balls, dance, rhythm and improvisation to stimulate the ongoing dialogue of life in a body.

Special features

- Liberate the hip joints, strengthen the pelvic floor as a source of central support
- Balance Iliopsoas and abdominals for a free lower back
- Improve alignment and embody anatomy with the help of touch
- Imagery for alignment and flexibility; and conditioning techniques for abdominals, back, legs, feet, shoulder and arms
- Liberate your Neck and Shoulders

Find out more at www.franklinmethod.com

