

PROGRESSIVE Pilates Academy @

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BODYFIRM & The PROGRESSIVE Pilates Academy Ireland
Are pleased to present **Wendy LeBlanc-Arbuckle USA**

September 19th and 20th 2009 workshops entitled
Dynamic Psoas – Exercise to Essence

Two days: €450
Individual Day: €275
Certificate of attendance will be provided
12 hours CDC provided

Cultivating a Dynamic Psoas

Defining the human core as merely a muscular armature stifles its dynamic functionality. Core is not a static, fixed place, but rather, a fluid set of interrelationships (all the way from the feet to the cranial base). The Psoas is a primary, though often misunderstood, player in dynamic core function.

In this workshop, we will explore:

- How the Psoas Major, Minor and Iliacus (Iliopsoas Complex) dynamically work together to enable deep core support.
- The Psoas Major as a ground wire for the spine and leg
- The underutilized Psoas Minor as an often overlooked source of low back problems
- How overworking the abdominals can compromise the Psoas' fluid function
- Movements which can release and tone an overworked or dysfunctional Psoas
- Experience how a properly functioning Iliopsoas Complex is fundamental to a vital Pilates practice

Moving Beyond Technique: From Exercise to Essence

Inspired by the universal principles which unite all great bodymind systems, CoreConnections®Pilates 3-Core BodyMapping perspective provides an integrative perspective to move beyond technique into the essence of movement. It is only when we are willing to slow down, to notice what is underneath our constant judgmental mind chatter, to move beyond our incessant search for the “right way”...and to openly and courageously inquire”, that a real possibility of mastery and transformation opens to us.

In this workshop, we will explore the “magic of moving” through the whole body matrix, demystifying your ability to see, access, and effectively address problem areas in both your personal practice and your teaching. Rather than an approach directed at “fixing” our problems areas, we will focus on the development of intentional listening and directional cueing skills that will empower you to reawaken the bodymind's ability to re-center and heal itself.