

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

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April Jones, Bahnhofstrasse 33, CH-8703 Erlenbach / Zürich

Biography Wendy LeBlanc-Arbuckle

Wendy is an international leader in embodied movement, with a 40 year background in holistic health, and lifelong studies and collaborations with distinguished pioneers in yoga, Pilates, Structural Integration bodywork, somatic arts and sciences, dynamic breathwork and energy medicine.

As Director of Pilates Center of Austin for the past 25 years, Wendy studied originally with Romana Kryzanowska and then with Kathy Grant, Ron Fletcher, Mary Bowen and Lolita San Miguel... Pilates Elders who studied directly with Joseph Pilates. She has been deeply inspired by the diversity of their teaching expressions.

Additionally, her extensive yoga background, along with studies with Bonnie Bainbridge Cohen, Emilie Conrad, Susan Harper, Judith Aston, Tom Myers, The Guild for Structural Integration, Hubert Godard, Phillip Beach and Jaap van der Wal, with profound breath, fascial biotensegrity, embryology and ontological studies, helped Wendy cultivate her own "biointelligent" voice.

A beloved "teacher of teachers", her vision has been to illuminate the universal core principles that underlie all great bodymind practices, enabling students and practitioners of any discipline to discover their wholeness by cultivating their own voice, through the portal and brilliant guidance of their biointelligent wisdom.

A founding member of the Pilates Method Alliance (PMA), the Fascia Research Society and International Association of Structural Integrators, (IASI) she was on the original role delineation committee for the creation of the PMA exam, is a PMA-CPT, a presenter for Pilates Anytime and FusionPilatesEDU, and honored to be a Second Generation Mentor in Balanced Body's Passing the Torch Mentoring Program, and a Continuum Wellsprings Practitioner.

