

the pilates center of Austin

“Setting the New Standard for
Fitness”™

“There are two kinds of intelligence. One acquired, as a child in school memorizes facts and concepts from books and from what the teacher says, collecting information from the traditional sciences as well as from the new sciences.

With such intelligence you rise in the world. You get ranked ahead or behind others in regard to your competence in retaining information. You stroll with this intelligence in and out of fields of knowledge, getting always more marks on your preserving tablets.

There is another kind of tablet, one already completed and preserved inside you. A spring overflowing its spring-box. A freshness in the center of the chest. This other intelligence does not turn yellow or stagnate. It’s fluid, and it doesn’t move from outside to inside through the conduits of plumbing-learning.

This second knowing is a fountainhead from within you, moving out.” Rumi

“A Journey to Your Inner Teacher: Domes, Arcs and Spirals- The-3-CoreConnections® Perspective of Living Anatomy”

Presented by

Wendy LeBlanc-Arbuckle

Using the **The 3-CoreConnections® Perspective**, you will explore anatomy experientially, **from your body’s perspective at the present moment**, rather than a didactic study of independent muscles or some concept or belief system. We are expanding our understanding of “core” to an adaptive, synergistic relationship of the domes, arcs and spirals which connect the body’s Lower, Central and Upper Cores, from the feet and hands to the cranial base/palate.

This transformational workshop is an inquiry into a timeless way of being in your body. We will look together within the Pilates repertoire at the universal principles that underlie all great bodymind teachings that allow us to fully “embody” ourselves through movement. To discover true spatial and layering core support is to enter into a dance of relationships where stability is no longer static, but an energetic connection between organs, bones, muscles, joints, fascia and the earth’s electromagnetic field. It is within our personal core where we become our own “inner teacher” and connect with life’s instinctive wisdom.

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The The 3-CoreConnections® Perspective is about personal transformation. It is in our willingness to question our point of view that we open to being fully present with what is happening. This willingness to first question “WHAT IS the movement?”, as secondary to “HOW DO I DO the movement?” will greatly alter how a teacher can “cue” movement, and how anyone performs the movement. By becoming fascinated with how the whole body breathes, along with the fluid relationships between the front, back, insides and outsides of the body, we open ourselves to the true nature of how we function which deeply influences our movement potential.

In developing this perspective, my vision has been to contribute to our growth by bringing forth a **body map that is from “the body’s perspective”** of how we evolve. Through this portal of “living” anatomy, we can see the vital relationships from feet and hands to head that support us moving as fully alive, aware, social beings. Let’s explore the possibility of.....

***“Core as Relationship....
with Gravity, Ourselves, One another, and Our Environment”***

In this workshop, you will experience the **3-Core The 3-CoreConnections® Perspective** through its connections of Lower, Central and Upper Cores and their relationship to the fascial system/whole body’s living matrix **as powerful assessment, knowledge and imagery skills:**

Lower Core Awareness

Area of Body: Helix/Dome of each Foot to Pelvis.

In the **Lower Core** we can ask the questions:

- Am I collapsing my inner arch, the foundation of my entire body?
- What can wake up intrinsic support in the relationship between my feet and spine, so I discover the “roots of my legs”?

Remember that the feet are the mirrors for the rest of the body – tension in the feet – tension in the body – weakness in the feet, so with the body

Exploration: Finding the Helix/Domes of your Feet to Pelvis

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Central Core Awareness

Area of Body: Pelvic Floor to Respiratory Diaphragm

In the **Central Core** we can ask the question:

- “Am I allowing breath to move me?”, which is very different from “How SHOULD I breathe?”
- What allows the “Shoulder Blades to Internal Belly” connection to support my arms and legs connecting with my spine?

By allowing the inhale, and relaxing on the exhale, we allow the “wave of the breath” to move us. Breath changes with metabolic need. As we listen to the deep intelligence of the body, guided by breath, our backs open, our organs have space to function, and the body discovers an internal support of “effort with ease”.

Exploration: Discovering your body’s breath: “Shoulder Blades to Internal Belly” (waterfall of the shoulder blades ‘DOWN THE BACK’, and reciprocal internal lift of belly following the diaphragm ‘UP THE FRONT’ – a new interpretation of the “powerhouse”)

Upper Core Awareness

Area of Body: Diaphragm to Cranial Base/Palate

In the **Upper Core** we can ask the question:

- What allows my head, neck and shoulders to feel as though they are floating?”
- What wakes up intrinsic support in the relationship between my hands and spine so I discover the “roots of my arms”?

Discovering our inner ear and peripheral vision as an internal awareness gyroscope, orients us to our gravity-based muscles for support, freeing up the external muscles for action.

By softening the crura, roots of the diaphragm, we allow the tailbone to have weight, and the back to widen, which frees up our internal lift, and sensory awareness along the front of the spine.

Exploration: Sitting or standing with hands on wall or with a partner

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The 3-CoreConnections® Perspective is a powerful metaphor for us to bring our awareness and attention to how each of these “gravity centers” is functioning individually, and as an interrelated, whole organism. In doing this, we shift perception through sensory awareness and alter habitual patterns..

“For new experience to be obtained, release of the nervous system control is necessary so that old habits are no longer directing the outcome and new cellular experience can come into being.” –Bonnie Bainbridge Cohen, OT

Resources:

- James Oschman, 2003, “Energy Medicine in Therapeutics and Human Performance”
- Ida P. Rolf, 1977, “Rolfing: Reestablishing the Natural Alignment and Structural Integration of the Human Body for Vitality and Wellbeing”
- Bonnie Bainbridge Cohen, 1993, “Sensing, Feeling and Action”
- Link to more info at ABOUT.COM on “Domes of Uplift” interview with Wendy LeBlanc Arbuckle: <http://pilates.about.com/od/technique/a/Good-Posture-and-Gravity.htm>
- Joseph H. Pilates, 1945, “Return to Life”
- 1st Generation Pilates Elder, Mary Bowen’s fabulous DVD with Joseph Pilates teaching from 1932-1945. www.pilates-marybowen.com
- Gary Calderone, 2011, “The Pilates Path to Health: Body, Mind and Spirit”, for which I wrote the “Forward”: <http://www.pilateswithcalderone.com/Default.htm>