

*"We shall not cease from exploration, and the purpose of all our exploring shall be,
to arrive at the place we started....and know it for the first time. T.S. Eliot*

" Classical Pilates and Embodiment"

Presented by
Wendy LeBlanc-Arbuckle

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.

In this workshop, you will:

- **Experience the 3Core Connections® Perspective™ as an embodied awareness of "living" anatomy** through sensing your:
 - **Lower Core** (foot to pelvis) – opening the helix articulations of each foot and how they relate to a functioning pelvis, and also relating the psoas and spine to the legs;
 - **Central Core** (pelvic floor to respiratory diaphragm) – experiencing the natural elastic recoil of the inhale and exhale in relationship with movement and sensory perception;
 - **Upper Core** (diaphragm to cranial base/palate) – experiencing the inner ear and peripheral vision in relationship with gravity, movement, and sensory perception.
 - **NOTE: See white circles on 3Core Connections® Perspective Chart for delineation of Lower, Central and Upper Cores. As we know, we are studying each part of the body in relationship with the others...they are not separate entities.**
- Experience this Perspective's relationship to the **whole body's living matrix (fascial system)** as a powerful awareness and assessment portal.

- Experience the **vision of the 3Core Connections® Perspective™**:
“CORE as Relationship – with gravity, ourselves, one another and our environment”
and how it simplifies problem solving
- Discover how “core control” can dynamically connect the powerhouse to the extremities and the **body in relationship with gravity**
 - You will experience the vestibular support of the inner ear and peripheral vision in relationship with the spine, hands and feet, and how this relationship is vital to an embodied movement practice.
- Develop your **hands-on cueing enhancements so they are simple, functional and highly effective**:
 - You will experience the distinction “haptic touch”, whereby we communicate through touch - safety , support and freedom of movement in relationship with gravity.
- Experience the **“embodiment”** of the Pilates Principles, rather than the “doing”:
 - Experience the process of embodiment which entails initiating breath, movement, voice, awareness and touch from a cellular/connective tissue perspective and to witness what arises:
 - Qualities of breath, movement, voice and touch
 - Mindfulness, such as feelings, sensations, emotions, memories, dreams, thoughts, images and insights
 - Physiological effects of this conscious awareness
- Experience the **Classical Pilates repertoire as “effort with ease”** with heightened **perception and proprioception**:
 - Experience the **whole body’s living matrix** through a deeper understanding of how the connective tissue/fascial system supports muscle – creating a sense of “effort with ease”
 - Experience your own embodied “living” anatomy, beyond the muscle/bone cadaveric paradigm
 - Experience the process of embodiment which entails initiating breath, movement, voice, awareness and touch from a cellular/connective tissue perspective.

“RE-DEFINING CORE: Classical Pilates and Embodiment”

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Bibliography (for further studies):

- James Oschman, PhD, “Energy Medicine in Therapeutics and Human Performance”
- Ida P. Rolf, PhD, “Rolfing and Physical Reality”
- Bonnie Bainbridge Cohen, OT, “Sensing, Feeling and Action”
- Joseph H. Pilates, “Return to Life”
- See 1st Generation Pilates Elder, Mary Bowen’s fabulous DVD with Joseph Pilates teaching from 1932-1945. www.pilates-marybowen.com