

# A WEEKEND WITH ERIC FRANKLIN

Be inspired by the founder of the Franklin Method®  
on his first Canadian visit!

May 28 - 29



## FRANKLIN METHOD® WORKSHOPS

hosted by  
**VANCOUVER PILATES CENTRE**  
719 West 16<sup>th</sup> Avenue  
Vancouver, B.C. Canada



**Relax Your Neck - Liberate Your Shoulders**  
**The Dynamic Thorax: Breath, Organ and Joint Integration**  
**Pelvic Power for Core Integration**  
**The Psoas - Beyond the Abdominals**

Experience the cutting edge in movement education with The Franklin Method®. It is a scientific approach to healthy movement, presented in a fun and practical format. Learn simple and effective tools to experience immediate and lasting improvements in how the body moves. The Franklin Method® is for everyone – from the less active to the elite athlete. Move and feel better now!

**Early bird special ... SAVE \$150**

**4 workshops for just \$649 (+hst)**  
*(available only until April 30)*

**BONUS! Register early and receive a free  
FRANKLIN PRODUCT GIFT PACK of:  
Smooth Franklin Ball Set *plus*  
Franklin Ball and Imagery Exercises book**  
*(package valued @ \$55)*

### Space is limited!

Due to the anticipated sell-out of this weekend:

- No registrations for single workshops will be available until after April 30, space permitting.
- Beginning May 1, the weekend rate will be \$799 or \$229 per workshop.

To register, contact:  
**Vancouver Pilates Centre**  
**(604) 879-2900 or [info@vancouverpilatescentre.com](mailto:info@vancouverpilatescentre.com)**

**Saturday, May 28**

## **Relax your Neck - Liberate Your Shoulders**

**9:30 am - 12:30 pm**

**Learn how the shoulders are designed to move.  
Melt away neck and shoulder tension, and relieve mental anxiety.  
Improve joint action and increase circulation using Franklin ball exercises.**

Experience the power of imagery, touch and movement exercises to:

- Lengthen and balance shoulder and neck musculature.
- Increase awareness of interaction between muscles and joints.
- Understand how the shoulder girdle is a unique evolutionary invention.
- Activate the pelvic floor to release holding patterns in the upper body.
- Discover balanced posture with a liberated spine.

***Feel your neck and shoulders move with ease and comfort!***

## **The Dynamic Thorax - Breath, Organ and Joint Integration -**

**2:00 - 5:00 pm**

**Learn to integrate the breath, organs and joints of the thorax  
for more flexible alignment and more grounded movement.**

The thorax is involved in our breathing, and is a mediator between the pelvis, shoulder, spine and limbs. It also contains our most vital organs - the heart and the lungs - and has more joints than any other area of the body.

This 3-part workshop will:

- Explore the action of the thoracic joints**  
Discover the dynamic action of the over 140 thoracic joints in breathing and spinal movement. The organic, ligamentous and muscular involvement will be explained through imagery and simple movement.
- Focus on the movement of the organs**  
Relate the movement of the lungs, heart, and upper abdominal organs to breathing and posture. Explore imagery supportive of sitting, standing, and walking using a range of exercise techniques.
- Reveal the role of the diaphragm**  
Learn how to support the dynamic action of the muscular diaphragm. Integrate the thorax and limb relationships through imagery and self-touch exercises.

***Experience your thorax coming alive!***

**Sunday, May 29**

## **Pelvic Power - for Core Integration -**

**9:30 am - 12:30 pm**

**Discover effortless alignment and balance for the whole body.  
Gain a deeper understanding of pelvic anatomy and biomechanics.  
Experience better posture, a stronger center, and relief of lower back pain.**

Imagery and evolutionary logic will provide a fresh understanding of how the pelvic joints and pelvic floor coordinate to create healthy and efficient movement.

**Experience how natural bone rhythms support healthy function of the lower back, knees and feet.**

- Embody the key relationships between the hip joints, pelvic floor, and spine to improve balance, coordination and force absorption.
- Discover how the dynamic alignment of the sacrum is the key to spine and leg alignment.

**Learn how the design of the pelvis allows us to stay upright with strength and balance.**

- Understand the importance of the pelvic ligaments in creating the pelvic tensegrity system.
- Create dynamic strength in the pelvic floor and learn how this relates to the abdominal, lower back and hip flexor muscles.
- Experience the importance of the organs in pelvic floor training.

**Explore simple and effective tools for all levels of experience.**

- Learn ball and imagery exercises to train and balance the pelvic joints and muscles.
- Integrate this knowledge into daily life: sitting, standing, walking, and moving.

***Celebrate the power of the pelvis to support and move us!***

## **The Psoas - Beyond the Abdominals -**

**2:00 - 5:00 pm**

**Discover the role of the psoas muscles in movement, stability and balance.  
Release your lower back, and enjoy full flexibility in your hip joints and spine.  
Create more ease of movement in walking, running and sitting.**

The psoas is a true core muscle hugging the lumbar spine. Recent research reveals the psoas as two separate units, deep and superficial. Awareness and proper training of the psoas improves spinal and pelvic alignment and liberates the lower back and hip joints. This workshop will combine both theoretical and practical work, using imagery and movement protocols to:

- Activate and balance the functions of the (two) psoas and iliacus muscles
- Include other core muscles in this synergy - the transversus abdominis and deep multifidus
- Gain an understanding of how the psoas, diaphragm and pelvic floor are developmentally and functionally interrelated.
- Become more grounded, while freeing the lower back, neck and shoulders.

***Go beyond the abdominals - let your psoas inspire effortless movement!***

**Eric Franklin** is a dancer, movement educator, university lecturer and successful author. He has taught his ground breaking imaging techniques since 1986, using the neuroplasticity of the brain to create physical change. His teaching credits include the Julliard School in New York, the Royal Ballet School and the Laban Center in London, and the Royal Danish Ballet. He has also provided training to Olympic and world-champion athletes as well as Cirque du Soleil and the Forum de Dance in Monte Carlo.

As founder of the Franklin-Method Institute in Switzerland, Eric Franklin is in high demand leading workshops and teacher training courses throughout the United States and Europe. In the past 15 years he has written a series of outstanding books, published in ten languages around the world.

The Vancouver Pilates Centre is proud to bring Eric Franklin to Canada – first for an inspiring weekend of his signature workshops May 28-29, and then returning to lead the first Franklin Method Teacher Training offered in Canada, beginning in November of 2011. Don't miss this exciting opportunity to experience Eric Franklin – in person!

## **FRANKLIN METHOD® TEACHER TRAINING**

*First time offered in Canada!*

**LEVEL 1 • 2011 / 12 • Vancouver, B.C. Canada**

**Module 1: November 26 - December 2, 2011**

**Module 2: April 23 - 29, 2012**

**Module 3: August 25 - 31, 2012**

TAUGHT BY

**ERIC FRANKLIN & MORTEN DITHMER**

CO-HOSTED BY

**VANCOUVER PILATES CENTRE and THE FOUNDATION FOR WHOLENESS**

The Franklin Method is a unique, scientific approach to physical and mental training that teaches the practical elements of body design, emphasizing imagery for maximum efficiency.

### **Level One of the Franklin Method Teacher Training**

is a 21- day course consisting of three 7- day modules (9:30 am - 5:30 pm daily), with homework and teaching assignments between modules. The course is designed for health/movement professionals as well as for anyone who wants to learn powerful techniques for improving movement, health, and motivation. Learn to be a more effective educator with the Franklin Method “toolbox” of imagery, experiential anatomy, and reconditioning movement.

**Fees** US \$4100 if payment is received in full by August 15<sup>th</sup>, 2011.  
(After this date, tuition will be US \$4500).  
A deposit of US \$750 is due with registration to confirm acceptance.

**BONUS OFFER** – Register for both the May 28-29 weekend and Level One Teacher Training by May 15<sup>th</sup> and receive a Franklin Happy Feet product package!

For more information, or to register contact: Mairin Wilde, Franklin Method Educator - Level Two

1-604-879-2900 [info@vancouverpilatescentre.com](mailto:info@vancouverpilatescentre.com)

Please see details on the Franklin Method website for further terms and conditions.  
[www.franklinmethod.com](http://www.franklinmethod.com)

Phone:(604) 879-2900 Fax: (604) 879-2970

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**MAY 28 - 29, 2011**

## **FRANKLIN METHOD® WORKSHOPS**

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**VANCOUVER PILATES CENTRE**

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**2:00 - 5:00** The Dynamic Thorax: Breath, Organ and Joint Integration

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Two ways to register:

- 1) Register in person at the Vancouver Pilates Centre.
- 2) Register by mailing completed registration form with payment to:

**Vancouver Pilates Centre  
719 West 16<sup>th</sup> Avenue  
Vancouver, B.C. V5Z 1S8**

Name \_\_\_\_\_  
First Initials Last

Mailing Address \_\_\_\_\_

Phone contacts: Home ( ) \_\_\_\_\_  
Cell ( ) \_\_\_\_\_  
Work ( ) \_\_\_\_\_

E-mail address: \_\_\_\_\_

**Early bird special (available only until April 30) - 4 workshops for \$649 (+hst)**

**Due to the anticipated sell-out of this weekend:**

- Early bird registration must be paid in full by April 30 to be eligible for early bird rates.
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- Beginning May 1, the weekend rate will be \$799 or \$229 per workshop.

**Space is limited! Don't delay - register now!**

**VPC Pilates For Life members are eligible for additional discount – ask us for details!**

Fee policies: Payment must be received in full to reserve a place.  
We accept cash, cheque, or money order, in Canadian funds.  
Sorry, we do not accept credit or debit card payments at this time.

Cancellation policies: - up to 30 days prior to workshop – full refund less \$25 administration fee  
- 15 – 29 days prior to workshop – 50% refund  
- less than 15 days or no-show – no refund will be given

We reserve the right to cancel or postpone a workshop, in which case full refunds will be provided.

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