

# Franklin Method® Workshops with Morten Dithmer

Christchurch, NZ 27-28. October 2017



**Friday 27. October**

**9.30-12.30**

**“The Art of Change”**

**14.00-17:00**

**“The Mighty Psoas”**

**—Muscle Complex Extraordinaire**

**Saturday 28. October,**

**9:30-12:30**

**“Happy Feet” —Organizing Your Dynamic Base**

**14:00-17:00**

**“From Periphery to Core—Thorax Dynamics”**

**Location:** Movementor Pilates  
140 Colombo Street  
Beckenham



**Cost:** 1 WS 150 NZD, 2 WS 250NZD  
3 WS 350 NZD 4 WS 450 NZD

**For Information and registration:**

Abbey Parsons

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## **Morten Dithmer**

is a Franklin Method Master Teacher Trainer and teaches worldwide. He is visiting faculty at the Juilliard School of Arts New York, and has taught Cirque de Soleil, Nike Tour Europe, Team USA Weightlifting, World Congress for the Lower Back & Pelvis, The Danish Royal Ballet, American Physiotherapy Association, International Association of Dance Medicine IADAMS, Conservatory Of Arts Madrid.....





**Friday 27. October, 9.30-12.30**

### **“The Art of Change”**

— Introduction to the Franklin Method

What are the main aspects of the Franklin Method; practical know-how about using the mind body interphase the most effectively, to bring about change:

Dynamic Neurocognitive Imagery; It's relatively easy to change muscle strength or length, but how to change how the brain produces our movement is more of a challenge; accessing neuroplasticity we can create longer lasting change.

The Bone Rhythms; how our bones move 3-dimensionally inside the body when we move in space, do you know that you can use this information to ensure we use our bodies biotionally/biomechanically well. Dynamic Alignment; experience how posture is a movement and what's involved. Lets get moving!

- **New insights on body/mind use & function**
- **Fun strength and flexibility exercises using elastic bands & balls**
- **How to feel better in minutes using imagery, movement and self touch**

**14:00-17:00**

### **“The Mighty Psoas”—Muscle Complex Extraordinaire**

What is the ilio-psoas complex and what is it for? Apart from maybe being the Filet Mignon we pick out on the restaurant menu, it is unknown to most. The psoas major is unique in that it is the only muscle that connects our spine to our leg in the front of our pelvis. Due to its size and central location, it is a key element in biotion efficiency. Starting with an introduction of how to work with muscles and imagery, we will proceed to touch the psoas, lengthen the psoas and walk from the psoas. We will be doing Franklin ball exercises to activate, balance and release the whole ilio-psoas complex. Pelvic alignment will have a whole new component and feel.

- **Learn the different functions of the 3 muscles of the Ilio-Psoas complex.**
- **Learn how to walk from the Psoas**
- **Experience the connection between the Psoas and the kidneys.**

**Saturday 28. October 9:30-12:30**

### **“Happy Feet”—Organizing Your Dynamic Base**

A workshop to “understand” the design of your feet. Discover their dual purpose and the know-how to develop happy feet. Learn how to organize your dynamic base. Through experiential anatomy, imagery and movement exercises we will create the foundation for strong and balanced feet. We will learn how foot placement relates to the pelvis and spine as well as to gait. We take about 8000-10.000 steps a day, but do we know what it means to walk well.

Organizing your dynamic base will bring life to your feet and spring to your walk!

- **Self-touch procedures for creating strong, flexible and aesthetic feet.**
- **Elastic band exercises to strengthen all the muscles of the foot/ankle.**
- **The relationships between alignment of the feet, pelvis and spine.**

**14:00-17:00**

### **“From Periphery to Core”—Thorax Dynamics**

The thorax involves itself in our breathing but also serves as a mediator between pelvis, shoulder, spine and limb movement. It contains our most vital organs, the heart and lungs, and no area of the body boasts more joints. In the first part of the workshop we will 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. The second part of the workshop focuses on the relation between ribcage and the bones of the shoulder-girdle and arms. How to create dynamic and connected movement; both graceful yet can pack a punch.

- **Learn the bone rhythm of the arm for better usage.**
- **Experience the movement of your ribcage in movement and breathing**
- **How to stay grounded when pushing, pulling or moving in general.**

