

THE POWER OF IMAGERY

THE PELVIC CORE

A ONE WEEK INTENSIVE WORKSHOP FOCUSING ON THE PELVIC CORE, THE DYNAMICS OF THE LOWER LIMB AND EMPOWERING YOUR BODY AND LIFE THROUGH IMAGERY.

July 25-31 2010

9:30-5:30pm

Mid Pacific Country Club

266 Kaelepulu Dr.

Kailua, Hawaii 96734

ABOUT THE WORKSHOP

Experience the FM approaches of Imagery—the key body/mind skill—, Experiential Anatomy and Reconditioning Movement

Experience effortless alignment and balance for the whole body through experiential understanding of the pelvic bones and joints. **Discover** and apply the dynamic alignment of the sacrum.

Understand the importance of the pelvic ligaments in creating the pelvic tensegrity system. **Experience** how the pelvic floor musculature relates to the abdominal, lower back and hip flexor musculature. **Learn** ball and imagery exercises to train and balance the pelvic joints and muscles.

Learn imagery to improve the health of your knees. **Experience** how the function of the knees and feet relates to your hips and feet. **Discover** imagery that will make walking, running and teaching movement more efficient and pleasurable.

To register call or email:

Lisa Ortega Robertson
On Balance Pilates Studio
315 Uluniu St Ste 201
Kailua Hawaii 96734
808.262.2528
onbalancestudio@hawaii.rr.com

Please send a \$500 deposit to OBS written to "Foundation for Wholeness". \$1000 balance due 30 days prior. Call Lisa with any questions.

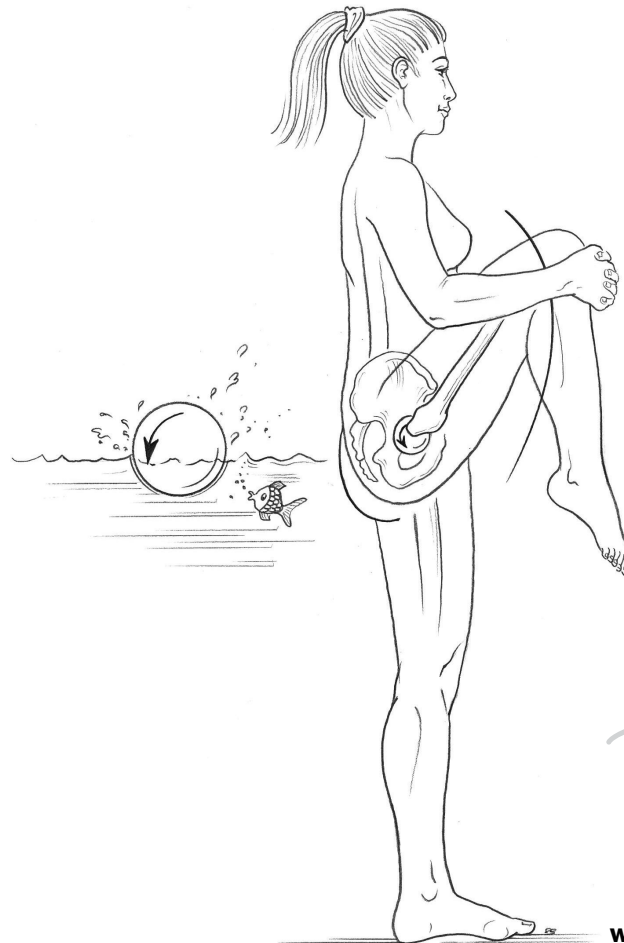


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TEACHERS

Eric Franklin is a dancer, educator, university lecturer and successful author. He is the founder of the Franklin Method™ and teaches throughout the world. He has taught at New York University, the Royal Ballet School, the University of Vienna and the American Dance Festival. He has coached both world and European champion athletes in the Franklin Method™. He is author of best selling books in the mind/body field such as *Dance Imagery for Technique and Performance*, *Dynamic Alignment through Imagery*, *Pelvic Power*. A renaissance man, he loves a good laugh and combines both depth and lightness in his teaching.

Morten Dithmer brings a potent mix of experience from dance, osteopathy, martial arts and comedy to his teaching. He trained as a dancer at the Rotterdam Dance Academy in Holland. He is an instructor in osteopathic bodywork and holds a 6th degree black belt and teachers license in Aikido. Morten's career in the performing arts extends over 20 years and he still performs as a vaudeville performer: he juggles, taps, sings and in general makes people laugh. Morten is a Franklin Method Teacher Trainer, the director of the Franklin Asia office and teaches worldwide.