



# FRANKLIN METHOD®

## OVERVIEW

The Franklin Method® is the only movement education with the focus on all the applications of imagery. It teaches function based on evolutionary design and it simplifies the complex structures that make the body capable of what it does, without losing the essence of the understanding of structural design. And perhaps most importantly, the Franklin Method® maintains the focus on learning by doing!

### Imagery – the critical body/mind skill

The use of the power of the mind has been known for thousands of years and today, from its original roots, is being used increasingly in many and varied applications. From performance enhancement to behavioural productivity, and now even more in the health sector. Health practitioners, psychologists, movement therapists, athletes and dancers are all embracing the transformational changes that occur from tapping into the power of the mind. The Franklin Method® is embodiment and movement together. It will change your understanding of the body from often-times two-dimensional learning in a book, to a real-life three-dimensional experience. The directed imagery exercises you will learn provides the brain with the feedback it needs to create improvements in movement, flexibility and strength. The Franklin

Method® is a simple, fun and welcoming method using imagery, movement and touch in a way that your body will instinctively follow so you can learn to experience the benefits of the mind-body connection.

*“If you were in a dark room you would move cautiously – wary of knocking into things or falling. Franklin Method® turns on the light in your body so you can move freely, avoid collision and, most importantly, enjoy the view!”*

### Experiential anatomy and reconditioning movement

The Franklin Method® integrates movement, health and well-being through a careful study of the evolution of the human body. Considerations include how the skeleton moves in concert with the biomechanical rhythm of each bone, how each muscle expands and contracts in synchronised waves and even how the organs support flexibility and alignment. Using biomechanical principles, touch and other

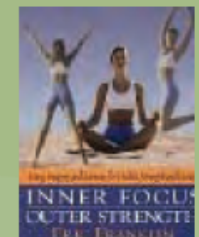
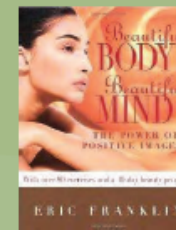
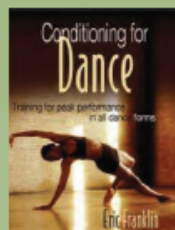
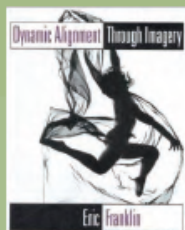
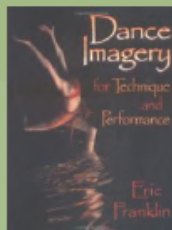
awareness techniques you will learn to harmonise the underlying systems into a whole, allowing movement and well-being to flow throughout the body. Keeping in mind that the body was designed for movement – “the great elixir of life” – when there is lack of movement life becomes stagnant and stale.

The Franklin Method® exercises explore a rich variety of images to enhance all movements – including everyday activities, walking, sitting, standing, dynamic stretching, Therabands®, Franklin balls, dance, rhythm and improvisation to stimulate the ongoing dialogue of life in the body.

Special Franklin Method® features include liberating the hip joints, strengthening the pelvic floor as a source of central support, balancing the iliopsoas and abdominals for a free lower back, improving alignment and embodying anatomy with the help of touch, developing imagery for alignment and flexibility, conditioning techniques for abdominals, back, legs, feet, shoulder and arms, and liberating your neck and shoulders

Eric Franklin's repertoire of books is a must-read to deepen your understanding of the application of imagery to movement.

[www.franklinmethod.com.au](http://www.franklinmethod.com.au)





# WORKSHOP REGISTRATION

or register online at  
[www.franklinmethod.com.au](http://www.franklinmethod.com.au)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone Home: \_\_\_\_\_ Mobile: \_\_\_\_\_ Work: \_\_\_\_\_

Email Address: \_\_\_\_\_

Training / Certification: \_\_\_\_\_

Teaching Experience: \_\_\_\_\_

What form of movement do you teach primarily: \_\_\_\_\_

How did you learn about this workshop series? (please circle Website Email Mail-out Word of Mouth Other: please specify \_\_\_\_\_)

Is there anything that may prevent you from performing physical exercise, or factors that we should know about? eg. Diabetes, Epilepsy etc. If so please give details: \_\_\_\_\_

City: _____		<b>Method of Payment</b>	<b>Credit Card Payment:</b>
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			<b>Name on Card:</b> _____
			<b>Cardholder's Signature</b> _____

Note: Please be advised that bookings must be accompanied by payment to reserve your place. Balance & Control Pilates Studio Pty Ltd. accepts no responsibility for loss of property while on the premises or any personal injury related to participation in a session if you fail to observe instructions on safety or technique, or if such injury is caused by the negligence of another participant in the studio. If you have any doubts about the suitability of the exercises, you should not take part. All prices for workshops are inclusive of GST and are taxed at the appropriate rate. No refunds will be issued. Balance & Control Pilates Studio reserves the right to change the published schedule at any time. I understand all of the above details, and enclose payment for my chosen sessions.

Signed \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Post to: Balance & Control Pilates Studio  
Suite 3, 474 Victoria St, Richmond, VIC 3121  
Fax to: (03) 9429 6441



# FRANKLIN METHOD®

## WORKSHOP SCHEDULE 2012

### MELBOURNE

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Psoas Conditioning	Sat. 31 March
Psoas Conditioning for the Pilates Mat	Sun. 1 April
Pelvic Power	Sat. 28 April
Pelvic Power for the Pilates Reformer	Sun. 29 April
Ultimate Abdominals	Sat. 30 June
Relax your neck, Liberate your shoulders	Sun. 1 July
Muscles and Imagery	Sat. 28 July
Imagery for a Healthy Spine	Sun. 29 July
Fabulous Feet	Sat. 29 September
Conditioning for Dance	Sun. 30 September
Walking Wisdom, Running Rhythm	Sat. 27 October
The Right Rotations	Sun. 28 October

### SYDNEY

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Psoas Conditioning	Sat. 26 May
Relax your neck, Liberate your shoulders	Sun. 27 May
Imagery for a Healthy Spine	Sun. 27 May*
Pelvic Power	Sat. 14 July
Muscles and Imagery	Sun. 15 July
Fabulous Feet	Sun. 15 July*

### BRISBANE

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Ultimate Abdominals	Sat. 11 February
Relax your neck, Liberate your shoulders	Sun. 12 February
Imagery for a Healthy Spine	Sat. 7 July
Conditioning for Dance	Sun. 8 July
Muscles and Imagery	Sat. 20 October
The Right Rotations	Sun. 21 October

### ADELAIDE

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Psoas Conditioning	Sat. 24 March
Muscles and Imagery	Sun. 25 March
Ultimate Abdominals	Sat. 11 August
The Right Rotations	Sun. 12 August

### PERTH

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Psoas Conditioning	Sat. 16 June
Imagery for a Healthy Spine	Sun. 17 June
Pelvic Power	Sat. 25 August
Ultimate Abdominals	Sun. 26 August

### HOBART

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Psoas Conditioning	Sat. 2 June
Pelvic Power	Sun. 3 June
Relax your neck, Liberate your shoulders	Sun. 3 June*

### COFFS HARBOUR

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Psoas Conditioning	Sat. 15 September
Ultimate Abdominals	Sun. 16 September
Imagery for a Healthy Spine	Sun. 16 September*

### GOLD COAST

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Pelvic Power	Sat. 23 June <sup>+</sup>
Imagery for a Healthy Spine	Sat. 23 June
Fabulous Feet	Sat. 22 September <sup>Δ</sup>

### LISMORE

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Pelvic Power	Fri. 22 June
Conditioning for Dance	Sun. 24 June

For full workshop details, including host venues, visit [www.franklinmethod.com.au](http://www.franklinmethod.com.au)

Friday & Saturday sessions 2pm-5pm (except <sup>+</sup> indicates 10am-1pm, and <sup>Δ</sup> indicates 10:15am-1:15pm)  
Sunday sessions 10am-1pm (except \* indicates 2-5pm session)



# FRANKLIN METHOD®

WORKSHOP SCHEDULE 2012

## Franklin Method® – Pelvic Power

Mind/body exercises for strength, flexibility, posture and balance. Experience the benefits of the mind/body connection through imagery, movement and touch. Franklin Method® imagery provides the brain with the feedback it needs to create improved ease of movement, flexibility and strength. In this workshop we discover how specific movements of the pelvis make abdominal and pelvic stability a whole new training field. Discover this new approach to pelvic dynamics and open the door to the wonderful world of imagination!

## Franklin Method® – Psoas Conditioning

Imagery exercises for deep muscular support of the spine, pelvis and hips. Experience balance and harmony within the psoas complex in this workshop where, using imagery we will explore and embody the theories of sliding filaments, muscle currents, slow eccentric action and diaphragm integration. The depth of the psoas complex in the body can make it difficult to understand the importance of its function, which is why clear information and imagery help to bridge this gap. This is one of the most popular workshops within the Franklin Method coursework. Feel spinal stabilisation and pelvis rebalancing like never before!

## Franklin Method® – Ultimate Abdominals

What is the ultimate way to use our abdominals? Why are the abdominal muscles arranged the way they are? What is the most effective combination of breath and movement? Feel the burn! Work it! Draw your belly in! Tighten those Abs! It's amazing the impact a clear image can have on movement, and equally how some images can be very misleading. This workshop

explores the elements of complete abdominal use for spinal support to find the essential link between your upper and lower body.

Working with anatomical and metaphorical imagery, discover the full potential of your spinal strength and mobility through understanding muscular connections and activations for improved movement quality. After all, what's the point in doing loaded versions of poor movements? And you will feel the burn..... but with your new set of Ultimate Abdominals!

## Franklin Method® – Fabulous Feet

Our feet carry us throughout our life – yet most of us are unaware of the amazing design that makes this possible. A myriad of bones, joints and muscles interacting in complex fashion allow the foot to propel us forward, adapt to terrain, and serve as a foundation and sensory organ. This workshop will elaborate on the complex function of the foot in an experiential manner, allowing us to improve the agility and well being of our feet in all situations, including walking, running, jumping and dancing. In dance as in life, the strength and agility of the feet are key. Without strong and well aligned feet, good posture cannot be attained, and safe jumping is all but impossible.

The workshop will help develop a deeper insight into the functional anatomy of the foot. Imagery and self-touch exercises, as well as the use of the Thera-band will strengthen the muscles of the foot and ankle improving the efficiency of the bones, tendons, muscles and joints for walking and jumping.

## Franklin Method® – Imagery for a Healthy Spine

The spine is a masterpiece of design containing over one hundred joints and associated muscles

and ligaments. How, then, is it possible that so many people suffer from debilitating pain associated with the spine? Complex design requires conscious maintenance. Why do we have a spine in the first place? Why is it shaped the way it is? This workshop will explain structure and function using imagery and simple movement. A new embodied understanding of the spine will allow for all daily movement and exercise to benefit spinal health.

Learn how the spine converts compression into elasticity, how the spinal joints manoeuvre to create ease of motion and stability and what imagery is most useful when exercising the spine. Transform your body image to create a healthier spine by training the iliopsoas muscle to relieve lower back pain and learn more effective standing, walking and sitting to benefit the spine. A must-attend workshop if you have an interest in improved movement of the spine.

## Franklin Method® – Psoas Conditioning for the Pilates Mat

With the understanding from imagery and movement of the Franklin Method®, we take an even closer look at the Pilates Mat repertoire and discover how to move through this timeless series with a new sense of ease. Even if you have not yet experienced the previous Franklin Method® 'Psoas Conditioning' workshop, you will find this session helps to deepen your awareness of the psoas complex, improve your alignment, and have you centering in a whole new way. You will come away from the session with an improved shape in the front (and back!) of your hips, feel the benefits of gravity falling through your pelvis and spine, a deeper breath and a longer spine – all while performing the series of challenging movements.



# FRANKLIN METHOD®

## WORKSHOP DESCRIPTIONS

### **Franklin Method® – Pelvic Power for the Pilates Reformer**

Be inspired with this topic – a progression of the ever-popular Franklin Method® 'Pelvic Power' workshop. This session explores more vividly the familiar Pilates Reformer repertoire and gives an insight into how the function of the pelvis can be best applied to improve your results on the Reformer. Throughout the session you will translate your understanding of footwork, working with the straps, working with standing, lying, sitting, and even inverted movements that will leave you rushing to your next class to put it all into practice. Even without having attended the preceding 'Pelvic Power' workshop, you will find the imagery and embodiment you take from this session leaves you with a new understanding and trust in how pivotal your pelvic dynamics are to any workout.

### **Franklin Method® – Walking Wisdom, Running Rhythm**

Through this thought-provoking session you will tap into your innate body wisdom and the potential of your neuromuscular system to maximize your enjoyment of one of life's daily pleasures that so often passes us by. Walking with wisdom, progressing to running with rhythm requires visiting all the major 'links in the chain' of your gait, understanding the structure and function of each and then flooding them with the wonderful power of imagery. You will learn the complex step-by-step process so it becomes surprisingly easy to take away and apply. Most importantly you will become empowered to tap into this potential, motivating you to move with an even greater in-depth understanding of your body – every day!

### **Franklin Method® – The Right Rotations**

The Franklin Method® stimulates an ongoing dialogue between your mind and your body, and applied to rotational movements helps restore one of the most common limitations in a restricted spine. With the architecture of the spine providing the basis of rotation, this session will guide you to explore other contributing factors to the ease and release required for effective rotation. Theraband exercises used will give an immediate sense of strength, stamina and flexibility for your rotation and the Franklin balls will help facilitate movement in otherwise difficult regions of your body to access. This is an enlightening workshop on the uplifting effect of released, connected and powerful rotational movement that will have both your body thinking and your mind spinning!

### **Franklin Method® – Relax your neck, Liberate your shoulders**

The ultimate exercise program for tension relief. Learn imagery exercises to melt away shoulder and neck tension by understanding the evolutionary background of shoulder girdle anatomy. Release holding patterns in the upper body, learn the experiential anatomy of the shoulder girdle, and benefit from an increased awareness of the function and interaction of joints and muscles. Exercises with the Franklin Balls increase circulation, which coupled with tactile feedback serves as a wholesome foundation for a liberated shoulder girdle and a relaxed, mobile neck.

### **Franklin Method® – Muscles and Imagery**

In this workshop we explore some of the main influences on optimum muscle function, including embodiment of muscle filaments, muscle spindles, and connective tissue. We discuss the evolutionary development of muscles, and how imagery and clear structural information can have a significant impact on our understanding of muscles. With a great mix of theraband exercises to integrate the movement explorations of the session, you will leave this workshop with a new insight into the relationship of muscles in movement of your body. You will never look at strength and flexibility training the same after experiencing the impact of this Muscles and Imagery workshop.

### **Franklin Method® – Conditioning for Dance**

Incorporating the Principles of the Franklin Method (Conditioning for Dance, Dynamic Alignment through Imagery, by Eric Franklin), this workshop covers elements of dance that can be optimised by effective muscle function, clear imagery and how clear structural information can have a significant impact on our understanding of core stability. The session will introduce imagery for the psoas complex, deep rotators, spinal alignment, and shoulder and neck release – all in aid of improving the feel and quality of your plies, allegro and pirouettes. Discover this new approach to core stability for dance by opening the door to the wonderful world of imagination!



# FRANKLIN METHOD®

## PRESENTER INFORMATION

### **Bruce Hildebrand** *B. App. Sc. (HM)*

Bruce is the pioneer for Franklin Method® teaching in Australia – certified through the Franklin Method® Institute in Switzerland. He is the co-director of Balance & Control Pilates Studio in Melbourne, and was the Strength Coach at the Australian Ballet School from 2005 to 2011. Bruce trained in Pilates in the UK, progressing to delivering on the teacher training team with Body Control Pilates (UK). He has presented on Pilates and Franklin Method® in the UK, Switzerland, New Zealand and Australia.



### WORKSHOP FEES

Booking Type	Fee	Multi-session Saving
One Workshop	\$130.00	
Multi-session – 2 Workshops	\$240.00	\$20
Multi-session – 3 Workshops	\$350.00	\$40
Multi-session – 4 Workshops	\$450.00	\$70
Multi-session – 5 Workshops	\$540.00	\$110
Multi-session – 6 Workshops	\$620.00	\$160

#### ONLINE REGISTRATION

Visit [www.franklinmethod.com.au](http://www.franklinmethod.com.au) for online registrations

Alternatively, print the registration page and fax to: (03) 9429 6441

Phone enquiries: (03) 9429 6448

Email enquiries: [info@franklinmethod.com.au](mailto:info@franklinmethod.com.au)

### TESTIMONIALS

***“It is wonderful to see how easily movement quality improves using the tools you gave me”. - Tania, Wellington, NZ.***

***“Awesome information – a great presentation and visualising workshop. Made a huge difference to how I experience my pelvis, my bones and my awareness. Love your work!” - Amy, Sydney, FILEX Convention.***

***“Great teaching & delivery – the knowledge, experience and enthusiasm for the topic is infectious... with all the pearls of information you are offering! You’ve wetted my appetite for Franklin Method. I’m now very keen to do more to enhance my own teaching in mind/body exercise practices”. - Monica Linford, Founder of the ChiBall Method™***

***“Thanks for the weekend workshops. I get it now. You really clarified the bones moving and I have greater understanding of the dynamic muscles to enhance movement & strength. It’s more than that though! The breath, core musculature & pelvis are all co-ordinated in a far more dynamic way than I had previously understood. This has really enhanced my use of Pilates based exercises & equipment. The simplicity is astounding. My clients are amazed. I’m looking forward to the next workshops”. - Mark, Pilates and Gyrotonic Teacher, Perth.***

***“Not only was your course EXCELLENT, but I really enjoyed your style of presentation.....you know your stuff, and you present it in a friendly and personable way that it was very easy to relax and have fun with it! You have really inspired me to have a great week at work. My Pilates sessions have become much more interesting, my daughter (the ballerina) is benefitting, and all in all it was great – keep up the good work!” - MQ, Physiotherapist, Perth.***