

Franklin Method® Workshops

with Morten Dithmer

September 7-8th 2013, Chicago

Sep. 7th saturday 10-13

Pelvic Power for Core support



- How to embody the key relationships between hip-joint, pelvic floor and spine.
- Exercises to create dynamic strength in the pelvic floor.

Sep. 7th saturday 14-17

Happy Feet—Organizing your Base

- Self-touch procedures for creating strong, flexible and aesthetic feet.
- Elastic band exercises to strengthen all muscles of the foot/ankle.

Sep. 8th sunday 10-13

The Dynamic Abs; Another approach to Abdominal Training

- The essential core; finding dynamic stability
- What are functional abdominal exercises.

Sep. 8th sunday 14-17

The Breath of Life—Unlocking the Body/Mind Interphase

- How breathing works and what it means to breathe well.
- How posture and breathing are related.

Location & Host: Entropy Physiotherapy and Wellness
1925 N. Clybourn Ave, Suite 302
Chicago, IL 60614

Price: 1 workshop = \$100. 2 workshops = \$175, and \$325 for the entire 2 days of work shops.

For more information & Registration:

Sarah Haag and Sandy Hilton
phone number: 773-747-4070
email: info@entropy-physio.com



Morten Dithmer

is a Franklin Method Teacher trainer and teaches worldwide.

In the last year alone he has taught at the Juilliard School of Arts, the Cirque de Soleil, the West Australian Ballet, Quebec Ecole de Danse, the APTA; the American Physiotherapy Association conference, IADMS...

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Pelvic Power for Core support

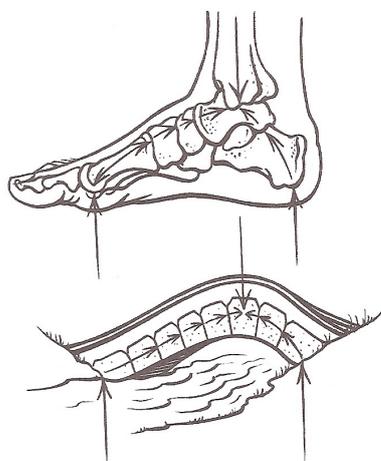
This workshop will provide a fresh understanding of correct anatomy and the biomechanics of the pelvis and the pelvic floor. We will experience how the pelvic joints and pelvic floor coordinate to create efficient and safe movement. Improved usage means better posture and relief for the lower back. Embody the key relationship between the hip-joint, lower back and what it means for attaining better posture. Finally we will practice how to integrate it into daily life; sitting, standing, walking and moving.



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Happy Feet—Organizing your Base

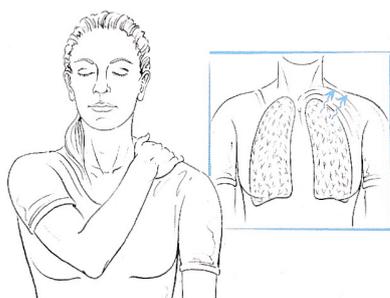
A workshop to “understand” the design of your feet. Discover their dual purpose and the know-how to develop happy feet. Learn how to organize your dynamic base. Through experiential anatomy, imagery and movement exercises we will create the foundation for strong and balanced feet. We will learn how foot 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!



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The Dynamic Abs; Another approach to Abdominal Training

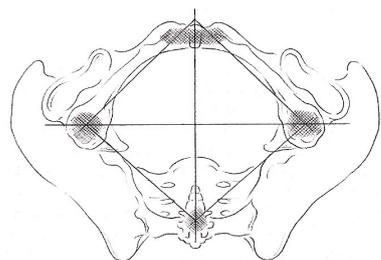
We will take a fresh look at the concept of core training and understand the implications on aspects such as strength, flexibility and balance. Dynamic alignment means that alignment is maintained through balancing forces rather than through holding a fixed position. The whole point of the core idea is efficiency in movement, increasing both strength, balance, energy and longevity. The consequences of fixating or overtraining certain muscle groups, on aspects such as breathing, flexibility and biomechanical efficiency will be experienced and analyzed.



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The Breath of Life—Unlocking the Body/Mind Interphase

What is good breathing really, what is the design and what can prevent its proper activation? Through our own experience we will come to understand the design, structure and movements of the diaphragm, ribs, deep abdominal muscles and how they can work together to strengthen and free up both body and mind. We will learn easy-to-do imagery, touch, voice and movement exercises and explore the mechanics and physiology of breathing. We may experience how we can use our breath as our positive energy thermostat.



The Franklin Method teaches you how to improve the use of your body through easy movement exercises, self touch processes and dynamic imagery.

<http://www.franklinmethod.com/>