



**Sat Nov 3
& Sun Nov 4**
10:00 am - 5:00 pm

Journey to the Advanced Mat Work *with Wendy LeBlanc-Arbuckle*

Join us in an inspiring and challenging workshop with Wendy LeBlanc-Arbuckle as we delve into how the **body's fascial matrix** can release long held tension patterns through the backdrop of the Advanced Pilates Mat Work.

Once the tension is released, even the most challenging exercises have exciting new possibilities.

Two Day Course: **\$495**

EARLY BIRD PRICING: \$395 (register prior to 9/20/18)

◆ **12 PMA CECs** ◆

We now know that the network of fascia is not just an organ of support. Fascia plays a key role in the organization of our bodies in movement during every day physical and mental demands. Learn how fascia can be considered an electrical conduit for our emotions, whose continuities are aligned with acupuncture meridians.

In this workshop students will:

- > Experience how the crystalline fascial matrix supports the muscles and bones in movement, so the most difficult movements become simpler and yet progress challenge effectively
- > Discover how fascia and breath have an elastic-like recoil that work together. By utilizing the back's lumbodorsal fascial support in concert with the breath, the outcome is an internal balance of strength and flexibility for maximum ease in movement
- > Learn how to use props as tools to support clients in relationship to gravity, rather than as a means to align them into visual symmetry
- > Discover how yielding to gravity while moving, awakens a natural uplift, to release tension in the neck, jaw, shoulders, back, hips and other joints
- > Experience a playful approach to the Advanced Pilates Mat Work. We will re-set the nervous system's primal connections, illuminating a deeper understanding the progression of the Basic to Intermediate Pilates exercises
- > Work with partners to support fascial connections for the student in motion
- > Discover a fluid, facile approach to moving, and teaching, that you can take well beyond the studio's walls and into your life

