

**TWO WORKSHOPS
WITH ERIC FRANKLIN**
Sunday, April 3rd
ESPIRAL PILATES & FITNESS
4050 SKYRON DRIVE, SUITE D2B
DOYLESTOWN, PA 18902



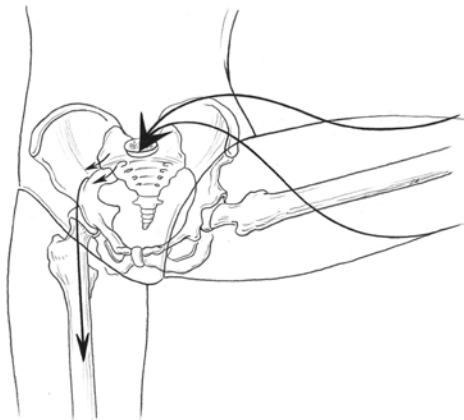
FRANKLIN METHOD® **RELAX YOUR NECK, LIBERATE YOUR SHOULDERS**

10am-1pm

**EXPERIENCE THE POWER OF IMAGERY, TOUCH AND MOVEMENT EXERCISES
TO LENGTHEN AND BALANCE SHOULDER AND NECK MUSCULATURE**

Learn how to melt away tension and associated mental anxiety. Release holding patterns in the upper body by activating the pelvic floor foundation and becoming aware of organic causes of tightness and muscular rigidity. Learn the experiential anatomy of the shoulder girdle and benefit from an increased awareness into the function and interaction of joints and muscles. Exercise with small rolling balls to experience smooth joint action, increased circulation and balanced posture. This serves as a wholesome foundation for a liberated shoulder girdle and a relaxed, mobile neck. A unique evolutionary invention, our shoulder girdle allows us to maintain our arms above our heads for a fairly long period of time without tiring. The counterbalancing effect of the shoulder blade is especially helpful in arm elevation. Experience how the design of the shoulder girdle suspends it from the ribcage. Learn how to melt away tension and associated mental anxiety. Let your shoulders and neck become a place of ease and comfort:

- Learn how your shoulders are designed to move.
- To have suspended, free and easy shoulders.
- To use Franklin balls and elastic bands to create smooth joint action



FRANKLIN METHOD® **PELVIC POWER: CORE INTEGRATION**

2:30-5:30pm

DELVE INTO THE UNDERSTANDING OF PELVIC ANATOMY & BIOMECHANICS

This study can result in improved posture, a stronger center, and relief of lower back pain. Experience how the pelvic bones and muscles coordinate to create healthy movement. Practice how it feels to integrate this knowledge into daily activity. Experience imagery, touch, and movement exercises. Learn how to create effortless alignment and balance. Align your legs & spine, improve stability & strength through the pelvic floor. Increase hip and spinal flexibility through the pelvic floor.

Cost is \$140 per workshop

Registration is required. To register or for more info contact:
Denise Houriet, 215.602.2414, deniseh@espiralpilates.com



www.FranklinMethod.com
www.FranklinMovement.com

ABOUT FRANKLIN METHOD®

Franklin Method is provocative and innovative study for everyone! It is the only movement education that introduces: focus on all applications of imagery, education of function based on evolutionary design, simplification of the complex to uncover the essence, an emphasis on learning by doing . . . AND—IT IS FUN!