

Franklin Method® – Release & Relax: Embodied Fascia for the Shoulders, Spine and Pelvis

Post-conference Workshop

September 26, 2023

Faculty:

Eric N. Franklin

Eric Franklin will demonstrate cutting-edge, evidence-based embodiment practices to release the fascia and enhance agility. This workshop features an array of brand-new exercises to release tension and retrain function throughout the body.

The Franklin Method uses dynamic imagery, anatomical embodiment and educational skills to create lasting positive change in the body and mind. The Franklin Method is at the forefront of practical neuroplasticity, showing one how to use the brain to improve the body's function. It teaches one how to harness the transforming power of the mind. It can be applied to improve all of one's abilities. It all starts with the knowledge that we have the power to change.

The Franklin Method teaches dynamic alignment and how to move the body efficiently to keep it youthful and energised. The whole body is part of a symphony of coordinated movement. In a sense, posture is reinvented at every instant. In every moment, the ideal combination of limbs, joints, gravity, moving parts, connective tissue, and muscle must be found and directed by the brain and nervous system.

Imagery promotes a neurogenic change of muscular condition, which allows immediate results before any myogenic (muscle tissue) one. Connective tissue and inner organs are also directly stimulated, with touch and visualisation, to change posture and to obtain an inner and outer balance. The exercises have a considerable impact on lowering structural stress, too.

Goals and objectives of this live workshop:

- Feel and move better with muscle and fascia imagery
- Eliminate neck tension with fascial glide and self-touch
- The three best shoulder fascia releases
- Relax your eyes and release your jaw fascia
- The best exercises for tension-free back fascia
- The best fascia embodiments for better walking and running

About Our Speaker:

Eric N. Franklin

Eric is a Swiss dancer, movement educator, university lecturer, writer and founder of the Franklin Method, a method that combines creative visualisation, embodied anatomy, physical and mental exercises and educational skills. He lives in Wetzikon, Switzerland.

The Franklin Method was founded in 1994 and was originally for dancers. The principal goals are obtaining dynamic body alignment and moving the body with maximum efficiency.

The method is taught worldwide, including at the Universities of Vienna, Cologne, Karlsruhe, The Boston Conservatory and the Juilliard School in New York City. Eric is the author of 18 books, mainly in the mind/body field.