



## *Embodied Pilates Matwork and More FLOW*

*With Wendy LeBlanc-Arbuckle*

*"The forces that formed the body are continuously at work throughout life, carrying the blueprint of health into manifestation at every moment."*

...Jaap van der Wal, MD, Embryologist

In this pioneering workshop, we "shift" the conversation of how we perceive ourselves and our clients... from a Biomechanical "body as machine" that is either "right or wrong" .... to a Biointelligent "body as a living process", growing and evolving ourselves in an "Embodied Pilates Matwork and MORE Flow".

What does it mean that we are constantly "shaping" ourselves and "being shaped" by our environment? As David Abram so beautifully describes in his book "The Spell of the Sensuous":

*"To acknowledge that "I am this body", is not to reduce the mystery of my yearnings and fluid thoughts to a set of mechanisms, or my "self" to a determinate robot. Rather it is to affirm the uncanniness of this physical form. It is not to lock up awareness within the density of a closed and bounded object, for as we shall see, the boundaries of a living body are open and indeterminate; more like membranes than barriers, they define a surface of metamorphosis and exchange."*

Through this embodied approach to Pilates, we are discovering inherent wisdom and intelligence within every cell of our body by discovering how to "rest down" and "find our backing", connecting with the natural world and the healing energy of the earth.

A major question we are asking ourselves as we begin, is "are we setting ourselves up" for success by letting go of excess tension, which is a "biointelligent" approach to our body's biotensegrity wholeness?

Core Concepts:

- Down the Back (DTB)
- Up the Front (UTF)
- Shoulder Blades to Internal Belly Suspenders (SBIB)
- Breathing Spine (BS)...Being Breathed vs. Controlling Breath
- Natural Powerhouse (NP)
- Cobra Spine from Peripheral vision/Soft Eyes
- Double Spiral Upper Core Platform for Upper Body Grounding

## 1. PARTNERING WITH GRAVITY AND SPATIAL ORIENTATION

- a. STANDING BALANCE – Theraband at occiput
- b. HAND AT OCCIPUT, OTHER HAND AT LOW BELLY SUSPENDERS (SBIB)

## 2. CULTIVATING FLOW ...From your EMBRYO to ADULT Fascial Biotensegrity Spiral Awareness

- a. HEAVY HEAD IN HANDS ...2 directions of spine from head to tail
- b. KNEE SWAYS
- c. EMBRYO SHAPING FLEXION
- d. STANDING TO ADULT
- e. Sensing SIDEBEND and Periphery (lateral spatial support)
- f. SPIRAL BIOTENSEGRITY
- g. Return to Center and repeat on other side
- h. LEG SLIDE from Primordial Midline
- i. Discovering “**YOUR 100’s**” rather than “THE 100’s”

From this embodied awareness, notice what may emerge in YOUR flowing Pilates Matwork that helps you to unravel old habits and patterns of tension:

3. BRIDGE
4. 100'S
5. ROLLUP (1 LEG)
6. LEG CIRCLES
7. CLIMB A TREE
8. ROLLING LIKE A BALL
9. SINGLE LEG STRETCH
10. DOUBLE LEG STRETCH
11. SCISSORS
12. CRISS CROSS
13. SPINE STRETCH
14. OPEN LEG ROCKER
15. SAW
16. SWAN (SMALL AND BIG WITH DIVE)
17. SINGLE LEG KICK
18. DOUBLE LEG KICK
19. SHOULDER BRIDGE WITH KICKS
20. ROLLOVER
21. JACKKNIFE
22. SCISSORS
23. BICYCLE
24. HIGH BRIDGE
25. BACKBEND
26. TEASER TO TWISTING TEASER

## 27. SIDEKICKS

- a. CLAM
- b. LOWER LIFT LATERAL SUPPORT
- c. FRONT BACK
- d. POINT AND FLEX
- e. BIOTENSEGRITY SPIRAL
- f. REPEAT on other side

## 28. EMBODIED SQUAT WITH PARTNER

Thank you for the honor it is to explore embodied Pilates with you!

Please be in touch to share what you discover in your explorations. What is easy for you?  
What is difficult? Where would you like support to deepen your awareness and access to a  
more embodied approach to movement?

### Resources:

- Joseph H. Pilates, "Return to Life"
- Dr. Jean-Claude Guimberteau's amazing videos and book "Architecture of Human Living Fascia"
- James Oschman. PhD, "Energy Medicine in Therapeutics and Human Performance"
- Bonnie Gintis, D.O., "Engaging the Movement of Life"
- Emilie Conrad, "Life on Land"
- Bonnie Bainbridge Cohen, "Sensing, Feeling and Action"
- David Abram, "The Spell of the Sensuous"