

Franklin Method® Professional Training Toronto Canada 2017

Become the best Mover, Movement Instructor or Therapist you can possibly be!

- Practical insights into the embodiment of anatomical function; the Franklin Bone Rhythm®.
- Dynamic body/mind practices for biomechanical synchronization and movement excellence.
- The ability to feel great in your body in minutes and how to teach that skill to others.
- Effective cuing tools to serve you in successful and enjoyable teaching in any movement modality.

Dates: 4 Modules:

Module A: August 27-31st 2017

Module B: November 29th-December 3rd 2017

Module C: February 28th-March 4th 2018

Module D: June 6-10th 2018

Price: Full training: 5500cdu, Early bird 4800cdu (until 04/15 2017) Per module: 1550cdu. Payment; PayPal or Wire-transfer.

Location: Dovercourt House, 805 Dovercourt Rd. Toronto

Organizer: Julia Wyncoll

julia@inhabitchilates.com

Phone: 416.551.25

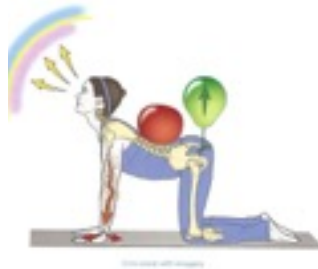


Course Instructors

Morten Dithmer

Eric Franklin





What you will learn:

- The Franklin Method teaches you to effectively use the mind/body enhance neuroplasticity with “Dynamic NeuroCognitive Imagery©” effective mental techniques to create lasting change; all backed by SCIENTIFIC RESEARCH.
- The Franklin Method teaches you to understand and experience the natural Bone Rhythms© of the body. Bone Rhythms are the 3 dimensional way the bones move inside the body to produce safe and efficient movement, protecting your joints and better utilizing your fascial network. The Bone Rhythms provide you with key insight into functional movement and lead to better movement, as well as clearer instructions, evaluations and cueing as a teacher.
- The Franklin Method teaches you how to teach this to others via the “pedagogy of Embodiment©” Your felt experience of your body in motion leads the way to others having true learning as your students feel their way into better function and understanding. This is a key aspect of the Franklin Method. We are empowering people to help themselves. We teach you how the body is designed to move and how to use your mind to create change, a skill you can refine and grow with for the rest of your life.

What You can do after graduating:

- ✓ Present 5 Franklin Method Workshops; “Pelvic Power,” “Imagery for a Healthy Spine”, “Relax Your Neck & Liberate your Shoulders”, “Strong & Healthy Knees” “Dynamic Imagery for strength, Flexibility & Alignment”
- ✓ Mini workshops on the above topics that helps you integrate the FM into your fitness, yoga, dance class or the rehab setting.
- ✓ Effective and fun exercise protocols using Franklin ball’s and elastic bands.



Testimonials:

“The Franklin Method is more than just the use of imagery. It sits on the brink of creating a revolution in our body awareness that is capable of influencing positive change in self and community.” Brent Anderson, PHD,PT, President Polestar Education

“The Franklin Training is the most intelligent approach to learning about the workings of the body I have ever attended. It is not just information, it is the experience of our design as we learn, that is transforming”. Tom Mc’Cook, Fitness Instructor, dir.COB

“The Franklin Method is totally invaluable for getting the best results out of the treatment” Liz Dowsey, PT Sheffield England

“The Franklin Method will do more to improve your teaching of any kind of movement than any other system or program I have studied. If you want to become the best teacher you can be, take this program. Through the Franklin Training, I have learned to see movement more clearly, correct movement patterns more easily and teach with a greater sense of joy and fun than ever before. I had a great time. It was truly a life changing experience.”

Nora St John, Educator Balanced Body.

The Franklin Method

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

