



The Four Pillars of a Healthy Spine: Emotions, Strength, Balance, Flexibility

Goals of the class:

- A: Discover your current embodiment of the spine.
- B: Learn about design and function.
- C: Use imagery, exercise and touch to support good function.

Psychological Aspects

- 1) What words, images do you associate with the words:
 - a) Spine and back.
 - b) What do your friends, clients tell you about their spines and backs?
- 2) Practice spine movement
 - a) first with the positive
 - b) then with negative with the positive associations.
 - c) Notice how fast the spine responds to the change of mind.

Spinal Function and Movement

- 3) What is the function of the spine?
 - a) Movement
 - b) Protection
 - c) Support
 - d) Attachment sites.
- 4) The spine has over 100 joints.
 - a) What do joints need?
 - i) Movement, to increase the sinovial fluid and therefore the nourishment of the joint.
- 5) Explore all the movement functions of spine in all the planes.
 - a) Flexion
 - b) Extension
 - c) Lateral flexion and rotation.
 - d) Give the spine the opportunity to experience its possibilities.



FRANKLIN
METHOD®



FRANKLIN
METHOD®

- 6) Practice flexion and extension of the whole spine.
- 7) Since the spine is so long, we can flex in one part and extend in the other. Practice this.
- 8) Notice relationship between:
 - a) Social status
 - b) Culture
 - c) Dance styles and spinal posture
 - i) Get into lower flexion and upper extension, lower extension and upper flexion and notice how it affects your mind/emotion.
- 9) Practice lateral flexion.
- 10) Shift weight to one leg to do this.
 - a) Rotation: The upper body can rotate while the legs are stable. The legs can rotate while the upper body is stable.
- 11) Practice the whole sequence:
 - a) Flexion and extension
 - b) Lateral flexion and rotation.

Spinal Design

- 12) Why does the spine look the way it does?
 - a) How is its function reflected in its design?
 - b) Show the main components and anatomical features of the spine:
 - c) It is segmental. It is a slender column. It has curves.
 - d) Seen from the front the spine is a column shaped like an obelisk. This is the most stable solid structure.
 - e) From the side it is a double S curve. The depth of these curves is different in different human races. So there is no way to say what is correct on an absolute level. What is a more important consideration is the balance of the curves and their resilience.
- 13) Name the parts of a typical vertebra:
 - a) Body,
 - b) Pedicles
 - c) Laminae
 - d) Transverse
 - e) Spinous processes
 - f) Facet joints.



Exercising the Curves of the Spine

- 14) Explain the origin and necessity of the spinal curves.
- The curves bring the head and ribcage back over the base and the top of the sacrum under the weights it needs to support, weights under base.
 - The spinal curves allow for force absorption by shunting any impact into stretch in the muscles and ligaments.
- 15) Practice deep curves long curves with hands on the neck and lumbar spine.
- Practice deep curves and long curves with the arms and legs bending and stretching.
- 16) If you hold the spine rigid, then the discs will need to absorb more force.
- 17) Notice three functional parts of the spine from back to front:
- Mobility (facet joints, muscles)
 - Spinal chord (nerves)
 - Bodies of vertebrae and discs (support).

Thank you for being a part of Eric Franklin's workshops.

Continue the learning wherever you are with our online workshops.

We just released our newest 10- week online workshop:

The Liberated Spine

Check out all of our offerings at FranklinMethod.com

Book List:

Fascia Release and Balance: Franklin Method Ball and Imagery Exercises

by Eric Franklin

The Psoas – Integrating Your Inner Core

by Eric Franklin

Happy Feet – Dynamic Base, Effortless Posture

by Eric Franklin

Franklin Method Ball and Imagery Exercises Booklet

by Eric Franklin

Beautiful Body, Beautiful Mind

by Eric Franklin

Dance Imagery for Tech & Perf

by Eric Franklin

Conditioning for Dance

by Eric Franklin

Inner Focus Outer Strength

by Eric Franklin

Pelvic Power

by Eric Franklin

Relax Your Neck Liberate Your Shoulders

by Eric Franklin