

Teaching CORE to CORE... An Embodied Approach to Seeing, Sensing,  
Touching and Cueing Movement Awareness  
with Wendy LeBlanc-Arbuckle

There is a primal way of being in our body, which we know intuitively, and which traditional cultures, animals and babies know as their true nature... being at home in your body, knowing how to relax, relate to others, restore and strengthen, and listen to your body's guidance to self-heal.

From this perspective, we discover that CORE, rather than a focus on the abdominals, is a dynamic expression of a relational way of being with gravity, ourselves, one another and our environment. This awareness opens us to whole body "core coordination", rather than the static "core control", which is like driving your car with the parking brake on!

This updated perspective is a biointelligent, mindful way of being in the world where we awaken to a fluid, fascial movement patterning that opens new ways of seeing, sensing, touching and cueing movement awareness, and a profound way of re-shaping our physical, emotional and mental body. You discover how to make the movements your own.

- Explore embodied Pilates patterning through the key concepts of the 3Core Connections® Embodied Perspective... a powerful contextual framework to embodying the universal principles that underlie all great bodymind disciplines;
- Directly experience how pain from injury or habitual patterns from cultural conditioning can respond profoundly when approached through this embodied, fascial perspective;
- Directly experience new approaches to seeing, sensing, touching and cueing patterns of walking, sitting and standing, so that gravity becomes a life affirming partner of spatial biotensegrity, rather than an enemy of compression;
- Observe Wendy teaching a private session on Saturday and a private session on Sunday through this embodied perspective, bringing the concepts to life;