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Volume 6 Issue2

LONG BEACH DANCE CONDITIONING AND LABX

NEWSLETTER

MARIE JOSE BLOM-LAWRENCE, FOUNDER & DIRECTOR

“Pulling” or “Pushing” for Stability? The Regulating Role the Thoracolumbar Fascia Plays Related to Stability and Mobility

The Thoracolumbar fascia consists of a multilayered fibrous sheet, forming envelopes of a non-contractile network. The layers of the fascial tissue can be divided into three layers: The Posterior Layer; The Middle Layer; and the Anterior Layer. The Posterior layer is often referred to as the **superficial layer** and the middle layer as the **deep layer**.

This superficial layer is further subdivided in two sub-layers. This layer literally encases the **spinous processes** and the supra spinous ligament. It reaches over the lateral erector spinae and forms a **lateral weave (raphe)** which courses back medially to encase the transverse Processes and its intertransverse ligament.



This portion now lying anterior to the erector spinae muscle is considered the deep layer. The lateral weave or **raphe**, mentioned above is the important muscle origin of the **transverses abdominals** and the **internal oblique muscles**. The superficial fascia courses inferiorly and infero laterally to cover the sacrum and the ilium, where it merges

with the fascia of the contra lateral gluteus maximus.

The fascia courses supero laterally to blend with the Latissimus dorsi. Coursing from the top down and vice-versa, we can consider a diagonal functional/mechanical sling, formed by the Latissimus and the gluteus maximus. The sling imparts a line force perpendicular to the S.I. joints and therefore increases the **compressive force** between sacrum and the ilium and acts as a **stabilizing force**. The fascial systems are a system in which muscles are contained (erector spinae) as well as merged or “blended.”

Since the Thoracolumbar and dorsal fascia encases the spinous and transverses processes of the spine it operates as stabilizer in response to a muscle “pull,” or “push.” Primarily the muscles **encased** within the fascial layers generate the “push”. The contraction of these muscles (swelling) will attenuate the fascia by “pushing.”

The muscles **attached** to the fascial tissues generate the “pull” and because of the several functional **slings** the pull will be generating a stabilizing force. Taking these theories in consideration it is very important to strengthen and stimulate the muscles deep **encased** as well as the **systems attached** to the fascial systems.

Continued next page.

Who “Pulls” – Who “Pushes”? For the Thoracolumbar Fascia, that is...

Muscle Pull

(Image Support: The reins of a horse for control)

Attached/Merged

- Latissimus Dorsi
- External Oblique Abdominis
- Transverse Abdominis
- Gluteus Maximus

Muscle Push

Encased

- Superficial Erector Spinae
- Deep Erector Spinae
- Multifidus (part of the erector group)

For the Abdominal Fascia, that is...

Muscle Pull

- External Oblique Abdominals
- Internal Oblique
- Transverse Abdominus
- Pectoralis Major
- Serratus Anterior

Muscle Push

- Rectus Abdominus

For the Fascia Lata System, that is...

Muscle Pull

- Gluteus Maximus
- Tensor Fascia Latae

Muscle Push

- The Quadriceps
- The Adductors
- The Hamstrings

Most of the muscles mentioned above are parts of functional systems – operating in a sling-like manner, and have structural individuality not functional individuality. To truly strengthen and condition the body we have to review their functional relationship to each other and ideally design a program according to these functional lines.

The body will then R.S.V.P. by directed strength, coordination, and efficiency.

For further studies and references:

Mechanical Low Back Pain 2nd Edition

By James Porterfield, Carl de Rosa
Harcourt Brace ISBN: 0-7216-6837-2

MJ SPEAKS...

The last certification course students ended the course December 15th looking forward to a well-deserved holiday season. Usually this is a time for me as well to catch up on rest. This time however as tired as I was, I felt a little sad to let this group go. This time I was blessed with a group of very special individuals, hard working, highly motivated, and inspiring. It was a team who developed and formed long-lasting friendships. They made me realize that I do love my work! All this hard work did pay off as the majority is already successfully employed. Thank you and congratulations to all of you.

LBDC and staff also welcome the new students for the Spring 2002 Certification. We wish you good luck with your studies. The new courses also underwent reorganization in the form of the course materials. **A very special “thank you”** goes out to **Aurora Ferrer** who made it her mission to transform & illustrate our entire manual into “art form”. She truly applied “form & alignment”.

The other “thank you” goes out to **Cynthia Davila** who patiently molded herself into the beautiful lines for every single picture. Thanks again to **Aurora & Cynthia!**

Our update does not stop with our curriculum. LBDC staff is now recognized by their stylish new uniformed look. **{Body – Mind – Wardrobe}** We also welcome two new staff members, Cynthia Davila, as Teaching Staff, and Denise Ferro, our new receptionist. We wish everyone a great year to come and remember: don't be strangers we welcome students of **all ages...**



**Body - Mind – Knowledge
The Pelvis – The Core**

~ a two day workshop with Diane Lee ~

In January LBDC had the privilege to host Diane Lee for a one-day workshop. The day went by too fast. However Diane managed with ease and humor to transform a complex scientific model into the common language of movement or “**treatment through movement**”. For the past ten years Diane Lee worked side by side with prominent scientists on the various models of pelvic and lumbar stabilization and skillfully (or should I say “artfully”) over-bridged science into a treatment protocol. I have been so fortunate to attend several of Diane Lee’s two-day workshops over the past years. Each time the materials were updated with new information. The knowledge from these courses has been a priceless investment in my own teachings, not to mention the integration into our Pilates work.

Integration of new science and technique is looking more attractive than ever. The importance of the smooth operation of Pilates equipment is so vital for clinical work, and has evolved to excellence, thanks to the commitment of Balance Body. Diane Lee also appreciates the strength of Pilates work in the clinical setting and has been a devotee for several years under the expert tutelage of Karen Angelucci, owner / director of Body Talk Studio in Delta, Canada.

By inviting **Masters like Diane Lee and Thomas Meyers** to open our eyes to a greater body of work, we can transition Pilates into the 21st Century. For those who are interested in “**more growth in knowledge**” Diane Lee will return to LBDC to present a two-day workshop in January 2003. Although this seems far away, this was the first date Diane was available.

We decided on **January 11th & 12th, 2003.**

Workshops on both days will be held from
9:00 am to 5:00 pm

The tuition for both days will be \$375.00-

We will limit enrollment to 20 participants on
a first come first served basis

(LBDC alumni receive first priority)

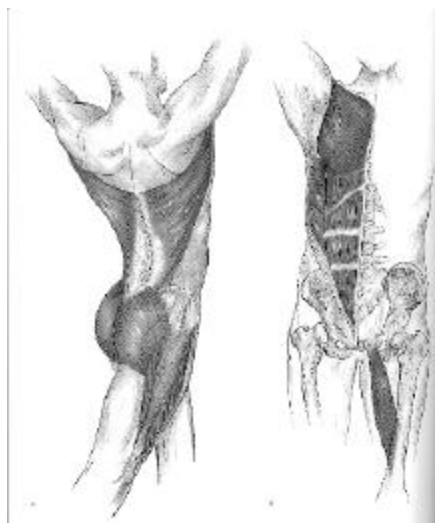
-Registration with check and registration
form only with full tuition fee.

**(No reservation accepted by phone or
credit card)**

Make your check payable to: Long Beach
Dance Conditioning

**We hope to see you soon! Don’t let this
opportunity pass!**

**Kinesis –Myofascial Integration
A Structural Integration Professional
Certification Program**



After hosting Thomas Meyers’ “Anatomy Trains” twice at LBDC last year, many of the participants voiced their interest in a certification course in this structural integration work, possibly **close to home**. I presented such possibility at our last mixer and had serious interest. The exciting news is that Thomas Meyers is willing to consider LBDC as a host for this course. We have at least ten serious candidates listed. The full certification course is presented in two parts and will entail a big commitment of all parties involved. Our group cannot be greater than sixteen students and by hosting the courses at LBDC, we can keep the tuition down to probably not more than \$3500.00 for part one, and \$3500.00 for part two. Our suggested calendar for Part One-A would be mid-January and late January 2003. Part One-B, mid-February and end February 2003. Part Two would entail the same schedule for 2004. The entire course is 500 hours. As the group capacity is fairly small, we need to consider those candidates that have the intent to continue with the Part Two, as Part Two cannot stand by itself.

For any potential candidates interested, I will be happy to forward detailed course curriculum and prerequisite requirements. Requests for information may be directed to: Marie-Jose Blom' Lawrence at: info@longbeachdance.com, or by phone at: LBDC 562-427-2203. We hope to hear from you soon.



About Aurora Ferrer

- ❑ Martial Arts School Owner
- ❑ Internationally recognized 3rd degree Black Belt
- ❑ Pilates Instructor
- ❑ National Children's Health Advocate
- ❑ Founder Kadan Women's Empowerment
- ❑ Expert Speaker/Workshop facilitator on Personal Safety & Empowerment

Long Beach Dance Conditioning

Saturday, April 20, 2002

11:00 AM to 3:00 PM

Sunday, April 21, 2002

10:00 AM to 2:00 PM

Tuition: \$125.00

(Empowerment Journal included in tuition price)

JOB BOARD

Shapeshift Pilates Studio, Redondo Beach

Contact: Nancy

Phone: 310-543-2327

Shapeshift Pilates Studio, Palos Verdes

Contact: Charlotte

Phone: 310-544-4355

Amy Hayutin, Santa Monica

Phone: 310-395-5911

Doctor Alon Naor, Encino

Phone: 310-888-8815

Pilates Body Basics, Valencia

Contact: Jocelyn Berry

Phone: 818-606-9356

Beach Cities Pilates center

Contact: Jennifer

Phone: 310-374-3426

**LBDC Hosts the
Women's Empowerment© Weekend**
Go beyond survival, develop empowering strategies for life!

We all have a radiant light that resides deep within us. It is our gift from the higher source. It ties us to all things both earthly as well as celestial. It has been forever and will be forever. It is patiently waiting for you to invite it to shine.

I encourage you to allow yourself to experience life through the inside out. Your light is unique and brilliant and as your light grows so does the light of all other beings.

This is your workshop. Use it to explore your thoughts. Use it to rediscover your dreams. Use it to ignite the light.

You have the strength and beauty of all creation within you. You have the power to realize your dreams. You have the ability to soar far beyond the limits of your mind to the omnipotence of your soul. It is within you; it is with all of us.

May you find your light and may it engulf you so that your life's work is weaved into the tapestry of souls that take humanity to higher levels of understanding. (excerpt from course journal)

The Kadan Women's Empowerment© Weekend is a truly unique experience. Its' integrated approach focuses on developing the power from the inside—out. You will practice and understand hands-on self-defense techniques, learn why many women become victims of violent crime, create personal strategies for developing your inner strength and learn how to incorporate your sense of power into everyday living.

Gym N Tonic, Pacific Palisades
Contact: Jackie
Need PT
Phone: 310-459-9845

Innerworks Wellness Center, Upland
Contact: Carolyn Maxwell
Phone: 909-593-9627 or 364-5596

Body Mind Soul, Tarzana
Contact: Ashley Osler
Phone: 818-819-5038 or 702-0390

Center of Movement & Balance, Solana Beach
Contact: Robin Bailis
Phone: 858-720-9828

Fysicly Fit
Contact: Yvonne Claro
Fax résumé only 562-439-4201

Dr. Moro Vati, Glendale
Contact: Linda
Phone: 818-500-8484

Silverlake Hills Health Center
Contact: Lisa
Need Pilates trained w/Clinical exp. working with PT.
Phone: 323-644-1230

Better Body, Calabasas
Contact: Mari Pratt
Phone: 818-224-4734

Chea's Fitness Retreat, Westlake Village
Contact: Miles Mangram
Phone: 805-493-1120

Equilibrium Fitness, City of LaVerne
Contact: Phyllis Douglas
Phone: 909-593-1717

Montana Avenue
Contact: Joan Cahen
Phone: 310-503-4555

Core Physical Therapy, Westlake Village
Contact: Melissa
Phone: 818-874-9287

USED EQUIPMENT

Wall Unit, Everything Included
Jackie Potter, 323-314-5323

Trap Table
Pat Anderson 714-379-1977

Trap Table
Gina Mayorga 310-370-5818

Clinical Reformer plus all Accessories
\$2500.00 OBO
Doctor Patricia Lutfi 323-852-1670

Clinical Reformer
Anita 310-312-0022

Trap Table and Small Barrel
April 323-419-1085

MAINTENANCE

Love your Apparatus Call the "Pilates Guy" Mikael Salazar
323-270-2951 or www.thepilatesguy.com
Don't let those squeaks get to you!!!

Must Have's in Books!

New! Anatomy Trains
Myofascial Meridians for Manual and
Movement Therapists
By Thomas W. Myers
ISBN: 0-443-06351-6 Churchill Livingstone
Or www.anatomytrains.com

New! Mechanical Low Back Pain
Perspectives in Functional Anatomy,
Second Edition
By James A Porterfield and Carl de Rosa
Harcourt Brace ISBN: 0-7216-6837-2
WB Saunders Company

MARK YOUR CALENDAR!!!

Mixers

Sunday, April 28, 2002 9:00am – Noon
Doors Open At 8:00am

Sunday, June 30, 2002 9:00am – Noon
Doors Open At 8:00am

TEACHER TRAINING INFORMATION

LBDC's Spring Certification Course is off and running. Applications are now being accepted for the Fall Session, which will begin September 3rd, and end December 15, 2002. For more information on this course please call LBDC leaving you name, address and phone number and a detailed packet will be ailed to you. Please visit us online at

www.longbeachdance.com.

Or email us at

info@longbeachdance.com

Spring Into Shape!!!



A Hundred???

Class Available at LBDC

Monday:

* **Professional Mat** – Erin (1:30-3:00)
\$15.00 for single - \$60.00 for series of 5

* **Professional reformer** – Alicia (3:00-4:30)
\$20.00 for single - \$85.00 for series of 5

Gyrokinesis Yoga- Alicia (6:00pm-7:15 pm)
\$15.00 for single - \$60.00 for a series of 5

Wednesday:

Mat class- Beg/INT.- Erin (5:30pm-6:45 pm)
\$15.00 for single - \$60.00 for series of 5

Reformer Class- Beg/INT- Erin (7-8:00 pm)
\$20.00 for single - \$85.00 for series of 5

Saturday:

Reformer Class / INT- Adv.- Alicia
(7am-8: 15 am) \$20.00 for single
\$85.00 for series of 5

Mat Class- INT/Adv. – Ilyse

(8:30 am- 10.00am) \$ 15.00 for single
\$60.00 for series of 5

For Instructors Only

Therapeutic Massage

90 minutes session \$105.00

60 minute session \$60.00

30 minute session \$30.00

Physical Therapist

Evaluation \$120.00

Follow-up Visits \$65.00

Custom Orthotics \$225.00

Healthy Living: Healthy Working

Sore Back? Sore Neck? Sore Shoulders? The Solution... Desktop Exercising..

Imaging software that keeps tabs on your health by monitoring your breaks and computes habits. It will guide you through some stretches and reminds you to move from time to time.

The program is developed by Norma Schechtman, a recent alumni of LBDC and in the fitness industry for over 20 years.

Thank you Norma for this information:

www.desktopfitness.net.

LBDC Calendar...

March

Pilates Teacher Certification Course:
19th to June 27th

April

Woman Empowerment Seminar
20th to 21st

Mixer 28th

May

LBDC for Sports Club LA Staff – 4th
Topic: Essential of stabilization
(Open to outside trainers)

June

End of Pilates Certification Course – 27th

Mixer 30th

LABK Calendar

March

Master Stretch Certification 11th to 15th

June

Gyrotonic Level 1-7 Progression
Certification Course
16th to 29th, 2002

August

Juliu Horvath Gyrotonic Exams & Seminars
16th to 18th
Juliu Horvath scoliosis/knee rehab programs
20th to 22nd
Juliu Horvath, Gyrokinesis Level 1
24th to 25th

For detailed information re: tuition fees,
prerequisite & times please call **LABK**
at **310-253-9500** or
E-mail baiyun7@earthlink.net

Opportunity to study with Prof. Dr. Vladimir Janda

Motor System Functional Pathology
& Foot Assessment
Crown Plaza Hotel-Redondo Beach, Ca.
Friday-Sunday June 7th -9th 2002
For more Information please call
310-530-4460