

Making "Waves"? Or, Wish You Could?

Spring/Summer 2004
Volume 8, Issue 2

LONG BEACH DANCE CONDITIONING ACADEMY OF MOVEMENT
& LOS ANGELES BODY KINETICS

Newsletter

MARIE-JOSE' BLOM-LAWRENCE, FOUNDER & DIRECTOR

Being in the business of movement I am sure we have witnessed many times people with unbelievable movement ability, demonstrating fluidity, strength, and grace. It seems to come so natural. Just "**good movers**", not necessarily dancers. On the other hand, we also encounter the individual that is **less gifted** in the movement department. Teaching movement in such cases requires every **trick in your "teaching bag."** Even after all the effort, progress still may be slow, and often times frustrating for the client who may have higher expectations of the projected results. Of the many teaching approaches available, my favorite one is to **channel the movement** via the brain. As the brain does not know the individual muscles by name, it communicates in movement patterns stimulated by experience and "feel" for the structures that we want to address. When we as teachers ourselves have mastered the feel for a particular movement and now "**own it**" we may convey that feel to the student **via imagery** inspired by our own movement experience. The ability to teach using this approach has been made a true art form by Eric Franklin. This skill is accessible to any movement teacher interested in learning how to use these incredible tools. The following article is contributed by Eric Franklin for you to experience and to perhaps sample the ability to make **smoother spinal waves**. It's the brain moving the muscles.

Spinal Alignment through Ligament Visualization

Ligaments are part of the greater connective tissue network of the body. The cells of the body are not made to take the extreme pushing and pulling forces that are caused by posture, locomotion and manipulation of objects. Connective tissue is extremely tough and takes the strain off the individual cells. Fascia, bone, tendon and ligaments, even the blood and the macrophages, the vacuum-cleaner cells of the immune system are considered connective tissue. The specific job of ligaments is to create direction and guidance for joints and bones and transfer forces through the body.

There are basically three kinds of ligaments: Ligaments that are part of the joint capsule, ligaments that are inside joints (the knee's cruciates, for example) and ligaments that are outside the joints (the ligaments of the spine).

Ligaments of the spine.

The ligaments of the spine are highly developed and form a very important part of the stability and elastic flexibility of this core structure of the body. We will consider the ligaments of the spine starting from front to the back. This will help our visualization exercises designed for creating a feeling of length and stability in the spine.

The strongest ligament of the spine runs along the front of the vertebral bodies from the sacrum to the base of the skull and is called the anterior longitudinal ligament. If you bend your spine it slackens, if you stretch your spine it stretches. The posterior longitudinal ligaments runs along the back of the vertebral bodies.

LBDC 1116 East Wardlow Road, Long Beach, CA 90807 (562)427-2203
www.longbeachdance.com
LABK 3865 Cardiff Avenue, Culver City, CA 90232 (310)253-9500

The supporting action of the posterior longitudinal ligament.

At the very top it changes its name to tectorial membrane and attaches to the front of the inner rim of foramen magnum of the skull. Both of these ligaments run uninterrupted along the spine. Further to the back, connecting the vertebral arch of adjacent vertebrae we find the ligamentum flavum, called the yellow ligament due to its high content in elastic fibers. It creates tension that helps stabilize the intervertebral discs even as you stand in a relaxed upright posture. The interspinous ligament connects neighboring spinous processes and the supraspinous ligaments runs along the top of these all the way to the neck where it broadens to form the ligamentum nuchae. We can now visualize bands of ligaments from front to back. The anterior and posterior longitudinal, the flavum, and the two spinous ligaments. When we bend (flex) our spine the anterior longitudinal ligament slackens and all other ligaments stretch. When we stretch (extend) the spine the anterior longitudinal ligament stretches and all others shorten.

The intertransverse ligaments are found on each side of the spine. They connect adjacent transverse processes. If you bend to the right the intertransverse ligaments on the left lengthen on the right side of the spine the intertransverse ligaments slacken.

In the slackened state ligaments viewed microscopically resemble wavy hair. As soon as they are

stretched the waves stretch out. This shows us that ligaments have an element of springiness. The waves consist of collagen, the most common protein in the body. Collagen is a very strong fiber produced by cells called fibroblasts. The production of fibers depends on the stimulation of these cells. Ligaments that are stretched and slackened regularly produce more fibers and become stronger. Exercise not only increases the strength of muscles, but also of the ligaments and tendons.

Fibroblasts with collagen fibers.

People with habitually slouched posture tend to overstretch certain ligaments and create shortness in others. The slouched poster has literally been structured into your ligaments. If you have been maintaining bad posture or many years you might find it difficult to put your body into good alignment, due to the resistance of the ligaments, which have adapted to your postural habits. The ligaments can change, but it takes longer than muscles. By visualizing the correct alignment and action of the ligaments you can speed up the process of balancing your posture through the ligaments.

Exercise

Experiencing your spinal ligaments:

Benefit:

- Improves Alignment
- Creates more length in the spine
- Balances ligaments around the spine.

Movement and Visualization:

- In a standing position visualize the ligaments of your spine from front to back. Focus especially on the very elastic yellow ligament that connects adjacent vertebral arches.
- Take a theraband and hold it between your tailbone and the back of your head.
- Slowly roll down the spine, starting with the head.
- Feel how the theraband helps you to create the feeling of the ligaments at the back of the spine stretching into increased length.
- As you come up feel how the shortening theraband, representing the action of the ligaments helps you come up to an erect posture.
- Put the theraband aside and try another roll down without the band.
- Visualize the ligamentum nuchae and the interspinous ligaments lengthening.
- Visualize the yellow ligament and the posterior longitudinal ligament lengthening.
- Visualize the anterior longitudinal ligament slackening.
- Continue the roll down and feel the ligaments stretching like therabands.
- Slowly roll back up and feel the anterior longitudinal ligament lengthening and the posterior ligaments shortening.
- Repeat the exercise two more times.
- Notice any changes in your alignment and sense of spinal movement.
- Practice bending to the side. This time the intertransverse ligaments will slacken on the concave side of your upper body and lengthen on the

convex side of your upper body.

You may notice and imbalance in flexibility from side to side. Try to find neutral center from the point of view of the ligaments.

Thoracolumbar Fascia Stretch

Finish your practice with a gentle stretch of the thoracolumbar fascia.

From the supine position, lift your right leg up, flex at the knee and lower the right leg over the left. Keep your right arm stretched out the side. Lower the right knee while the right arm remains on the floor. Visualize the expanse of connective tissue of the lower back, spreading, widening, melting. Focus on your breath if you feel any discomfort as the connective tissue stretches. Remain in the position for at least one minute, then repeat the sequence on the other side.

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www.franklin-methode.ch

LBDC was so privileged to host Eric Franklin for a full weekend between his teachings in New York and Body, Mind, Spirit. The interest and enthusiasm of the students in the work of Eric Franklin, inspired us to host the full **Franklin Methode Teacher Training Courses** on the West Coast. These courses will take place at **LBDC in Long Beach**. The first one beginning in **January, 2005**.

The schedule of the first course will be as follows:

Module One

January 17 thru January 23, 2005

Module Two

April 2, thru April 8, 2005

Module Three

July 2, thru July 8, 2005

A brochure with in-depth course description, times, and tuition will be available very soon. Information will be mailed out ASAP to everyone who has requested materials so far. Thank you for your patience, especially the people who have been waiting for the original brochures.

Workshops

A POST GRADUATE WORKSHOP ON THE WUNDA CHAIR

By Marie-José

Sat. & Sun. Aug. 7 & 8
9:00am until 5:00 pm both days

Workshop fee: \$250.00
\$200.00 for LBDC Alumni
Limited to 12 students

LBDC CORE BEGINNINGS FOUNDATION COURSES (30 HOURS)

Sat. August 14
1:00 PM – 6:00 PM
Sun. August 15
9:00 AM – 2:00 PM

Sat. August 21
1:00 PM – 6:00 PM
Sun August 22
9:00 AM – 2:00 PM

Sat. August 28
1:00 PM – 6:00 PM
Sun. August 29
9:00 AM – 2:00 PM

For more information on these courses, please call LBDC or email:

info@longbeachdance.com

Detailed brochure available upon request

**LBDC Core Beginnings Course at Synergy Systems:
Instructor: Cathie Murakami**

September 11 & 12
September 18 & 19
Sat/Sun all days

Call 760-632-5677 for registration details and brochures.



Upcoming Teacher Training Certification Courses



The upcoming Teachers Training courses for 2004 are schedules as follows:

Marie José will conduct a **morning and evening course** at LBDC in Long Beach, beginning **September 7, 2004 through December 18, 2004.**

The courses have received enormous acclaim and recognition. They are filling very fast as class enrollment is limited!

There will be an AM and PM class available again.

A detailed brochure is available upon request or log onto our website: www.longbeachdance.com.

At Synergy Systems

LBDC is very pleased to continue offering Teacher Training Courses and now also the new Core Beginnings Course at Synergy Systems in Encinitas.

Cathie Murakami expertly conducts these courses in the following schedules and modules:

LBDC Core Beginnings Course at Synergy Systems:
September 11 & 12
September 18 & 19
Sat/Sun all days

LBDC Complete Teacher Training Course at Synergy Systems:

We limit this course opportunity to ten students only.

Module #1

Orientation: September 29,
3:00 PM – 5:00 PM

September 30, October 1 & 2
October 7, 8, 9

Module #2

October 28, 29, 20
November 4,5,6

Module #3

December 2,3,4
December 9,10,11

Module #4

January 6,7,8, 2005
January 13,14,15, 2005

All are Thursday thru
Saturday 11:00AM – 6:00PM

Call 760-632-5677 for registration details and brochures.

CEU / CEC's Info:

LBDC currently provides CEU / CEC's for **P.M.A. – ACE** and **NATA** for: Core Beginnings Course , Most Pilates Workshops and Teacher Training Courses.

Continuing Education

LBDC continues to support its alumni with continuing education **free of charge** in the form of our mixer. Please join us for our **next mixer** scheduled for:

**Sunday, August 1, 2004
9:00 AM until 12:00 PM**

**Alumni may bring a friend upon request
Hope to see you there!**

Coming Attractions

**BY POPULAR DEMAND
Linda Joy-Lee**

Topic: The Thorax
Schedule beginning 2005 TBA

Workshops LABK and Others

Workshop Calendar for
Jean-Claude West

Location: Marin

B.A.C. DISC

Sat. June 19 & Sun June 20
10:00 AM—5:00 PM

For more information:

165 Lark Lane
Mill Valley, CA 94941
Workshops: (415) 389-6600
Mail Box 4
Email: asjcw@mac.com

Do not miss! This is great material!



LABK

3865 Cardiff Avenue
Culver City, CA 90232
(310) 253-9500
www.labodyk.com
lisamarie@labodyk.com

**Quick Look Calendar
2004**

GYROTONIC Foundation
Pre-Training Level 1
LA Body Kinetics
October 1-3 & 8-10, 2004
(weekends)

GYROTONIC Foundation
Level 1 Certification
(*Pre-requisite: GYROTONIC
Pre-Training*)
LA Body Kinetics
January 2005

GYROKINESIS L.1 *Pre-
Training:*
LA Body Kinetics
October 15-17 & 22-24,
2004 (weekends)
Oct.23 – Oct.28, 2004
(taught with Sebastian
Plettenberg)

GYROKINESIS? *Level 1,*
9 day Certification
(*Pre-requisite:*
GYROKINESIS *Pre-Training*)
Oct.31 – Nov.8, 2004

taught with
Sebastian Plettenberg
LA Body Kinetics
December 4-12, 2004

Master Class of
GYROKINESIS *Level 1*
Format #3 Open to ALL!
LA Body Kinetics
June 27th, 10-12pm

GYROTONIC Level 2
Preparatory Workshop
(*Pre-requisite: GYROTONIC
Apprentice or Level 1*)
LA Body Kinetics
TBA, 2004

GYROTONER™

(*Pre-requisite: GYROTONIC
Level 1*)
LA Body Kinetics
July 9-11, 2004

JUMPING STRETCHING BOARD
Pre-Training

Pre-Training and Certification
LA Body Kinetics
TBA 2004

JUMPING STRETCHING BOARD
Level 1
LA Body Kinetics

Job Board

**State Street Pilates
Redlands CA**

Seeking certified Pilates
Instructors
Contact: Laurie Perrauet
Ph 909 792-8427
~

**Aspiring Motion
Laguna Beach CA**

Looking for qualified Pilates
Teachers. Will provide equip-
ment, studio space, Marketing,
scheduling and billing services
Contact: Stephanie Butler
Ph 949 370-7679
~

**Beyond Physical Therapy
Marina del Rey CA**

Immediate need for weekend
and evenings shifts, all resumes
welcome. Must be responsible
with professional attitude and
positive outlook. Good pay,
benefits & vacation.
Fax resume w/cover letter.
Ph 310 578-5960
Fax 310 578-5951
~

**Shape Shift Pilates Studio
Rolling Hills Estates, CA**

Opening for Pilates instructor
On the Palos Verdes Peninsula
Contact: Charlotte
Ph 310 544-4355

**Focus on Health
Newport Beach CA**

A physical therapy corporation
looking for Physical Therapist
w/Certification in Pilates Method
& Pilates Practitioner With excel-
lent anatomy knowledge.
Contact: Anica
Ph 949 851-8121 x 301
Fax 949 851-9537
~

**Pilates Westwood
Westwood CA 90024**

www.pilateswestwood.com
Space available for rent to
Practitioners In Pilates,
Gyrotonic, Massage and Physical
Therapy In a fully equipped
studio.
Contact: Douglas Evans
Ph 310 842-5093
~

**Progressive Pilates & Rehab
Century City & Santa Monica
CA**

Looking for certified Pilates
Instructors
Contact Trina Jensen
Cell 310 435-2334
Ph 310 395-3111
~

**Westside Workout
West Los Angeles CA**

Seeking certified Pilates
instructor w/excellent Teaching
and "people skills to work various
shifts
Contact: Joan
310 207-6334
~

**Total Woman
Mission Viejo CA**

www.totalwomanspa.com
Looking to hire knowledgeable,
career-driven Pilates instructor
for private sessions
contact: Brooke Goodman
ph 949 455-9808
~

**Pilates People
Del Mar/San Diego CA
www.pilates-people.com**
Looking for experienced/ certified Pilates Instructor w/bachelors Degree or equivalent. Pilates trained physical therapist preferred.
Contact: David Hall M.S.
ph 858 847-0044

**Pilates for your Back
Corona del Mar CA**
Apprentice/trainee needed for future paid Position for a Pilates/Physical Therapy Studio specializing in back and neck pain.
Contact: Jamie gosselin
Ph 949 673-6066
jtgosselin@adelphia.net

**Body Mind and Spirit
Tarzana CA**
Looking for Pilates Instructors Great location, Great Pay
Contact: Ashley Osler
Ph 818 702-0390

**Better Body Pilates
622 Lindero Canyon Road
Oak Park, CA**
www.betterbodypilates.com
Looking for fun, smart, motivated, hardworking Pilates instructors to work as an independent contractor in a fully equipped beautiful studio in Calabasas and Oak Park. Certified or in the process of receiving your Pilates certification.
mpratt@betterbodypilates.com
Contact Mari or Karly
Ph 818 707-3723

**Back to Wellness
12526 Riverside Dr
Valley Village CA 91607
818 985-2559**
Busy wellness clinic located in the Valley Village/Studio City area is currently seeking Pilates instructors to join their team of doctors and

therapists. Prior experience with rehab patients a plus.
Contact Alina or Doran
Hendelman
Ph 818 985-2559
Fax 818 985-4459

**Hollywood Physical Therapy
7080 Hollywood Blvd Ste 815
Hollywood CA 90028**
Looking for Pilates instructor to work with physical therapy patients.
Contact: Patty
323 957-9571

**Equilibrium Fitness Pilates & Yoga
2019 Foothill Blvd
La Vern CA 91750
www.equilibriumfitness.com**
Immediate opening available for Pilates Trainer, Mondays, Wednesday and Friday evening, w/ additional option of working Saturday from 7am – 2pm. This is an independent contract position. Contact Phyllis
Ph 909 593-1717 (am)
Ph 909 599-3094 (pm)

**Tanny's Personal Fitness
5441 Topanga Canyon
Boulevard
Woodland Hills, CA 91367
www.tannys.com**
We are a health club that specializes in personal training and one-one Pilates. Our Pilates studio is fully equipped. Rehab, Pre and Postnatal experience a Plus.
Contact Sharona Saltzman
Ph 818 441-1383

**California Therapy
Solutions
10900 Warner Avenue Suite
111
Fountain Valley, California
92708
www.californiatherapysolutions.com**
Looking for physical Therapist of Physical Therapist assistant with Pilates Certification in Physical Therapy. Private Practice

Contact: Sara
Ph 714-964-3337
Fax 714-964-8806

**Center of Gravity
400 N Mountain Ave
Ste 216**

Upland CA 91786
Space available for rent to a certified Pilates Instructor with a Minimum of 1 years teaching experience.
Contact Kjerstin Bowman
Ph 909 730-1033

Roxbury Pilates Spa
9701 S Santa Monica Blvd
Beverly Hills CA 90210
www.roxburypilates.com
Looking for Part-Time Pilates Certified Physical Therapist with orthopedic background to join our team, Morning Shift available with Saturdays optional but a big plus.
Contact Simone Schmidt
Ph 310 777-0201

RR Studio
Looking for dependable, motivated and energetic instructors with strong work ethic to teach privates, semi-privates and group classes. Afternoon, evenings and weekends. Great clientele, competitive wages and flexible schedule.
Contact Lauren or Craig
Ph 310 587-0085

**La Playa Pilates and
Wellness Center**
is in need of two teachers to take on a full load of clients. The pay is \$25-\$35. La Playa is a very large and beautiful Pilates Studio located at the beach in Santa Barbara. Please email your resume to Laplaypates@hotmail.com and come live, love, and teach Pilates in paradise! This opportunity is available NOW!

For Sale

Stott Pilates equipment for sale. Perfect condition, 2 years old: 1 Professional Reformer with Pro Reformer Box and Long Spine Straps, in black, \$1870.

1 Cadillac/Trapeze Table, black, \$1800. 1 Stability Chair with handles, black, \$630. 1 14inch Fitness Circle, \$30. Contact Françoise Surel at 310-271-2658

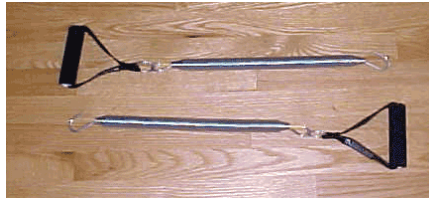
Space for Lease

Pilates for Your Back Corona del Mar, CA

Large fully equipped Pilates studio on Main drag, available 7am-1 pm M - Sat \$800 a month, 2 reformers, 2 wunda chairs, barrel and trap table.

Contact: Jamie Gosselin Ms, PT
Ph 949 673-6066
jtgosselin@adelphia.net

NEW PRODUCTS



Reformer Carriage Trunk Stability Springs

Meeting the important connection between the trunk and lower body, augmenting the muscular sling system to reinforce forced closure, stability of the core structures and addresses integrated thoracic strength to promote bone density and respiratory health.

Available through
Balanced Body Inc.

Product Code: CA2000
Price: \$49.95 pair

Cadillac Stability Sling



Designed to be used with the yellow long leg springs and padded trapeze bar. Offers biofeedback to strength of muscles and systems directly related to the respiratory system. The use will improve strength in postural alignment, respiratory system, and lumbar stability.

Available through
Balanced Body Inc.

Product Code: SS1006
Price: \$48.00 each

Repairs and Maintenance For Maintenance or Conversions

Contact :
The Pilates Guy
(Mikael Salazar)
at
(323)270-2951

LBDC Group Rates

Group Pilates Mat

\$15 ~ single class
\$60 ~ series of 5

Group Gyrokinesis ®

\$15 ~ single class
\$60 ~ series of 5

Group Pilates Reformer

\$20 ~ single class
\$85 ~ series of 5

Mat Class for Dancers

\$15 ~ single class
\$40 ~ per Month

LBDC Services

Private Session

\$65 ~ single session
\$275 ~ series of 5
\$550 ~ series of 10

Semi-Private Session

\$35 ~ single session
\$175 ~ series of 5
\$350 ~ series of 10

Massage Therapist

\$45 ~ 30 min session
\$75 ~ 60 min session
\$105 ~ 90 min session

Physical Therapy

Evaluation ~ \$145
Follow-up ~ \$65 - \$70
Custom Orthotics ~ \$295
(Includes home program)

LBDC Cancellation Policy

All sessions are by appointment only. Session missed will be considered taken and will be charged, unless notification is given 24 hours in advance



BALANCED BODY

For all your
equipment
needs!

916-388-2838

Registration Form

Please sign me up for the _____ seminar on _____

Enclosed is: My deposit of _____ Tuition in full of _____

Name: _____

Address: _____

Phone: _____

Email: _____

Please make check payable to LBDC and mail to 1116 E. Wardlow Road, Long Beach CA 90807.

I understand and accept by my initial that this deposit is non-refundable. _____
initial

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initial




Long Beach Dance Conditioning

Pilates Teacher Training Certification Programs



LBDC offers:

- Functional Pilates
- Workshops
- Continued Education
- Job board
-  NATABOC Provider
- ACE Certification Provider
- PMA CEC Provider

Courses are offered every spring and fall

For our next course date and additional information visit our website or call.

Comprehensive Certification Courses Placing Pilates into the 21st Century

Marie-José Blom Lawrence will conduct the course demonstrating her own innovative approach that has matured over her 20 years experience in the field. By training and rehabilitating dancers, Ms. Lawrence has continually evolved the Pilates Technique for use in dance skills specific training and body conditioning.



www.longbeachdance.com (562) 427-2203

OUR NEXT COURSE WILL BE HELD

SEPTEMBER 7, 2004
thru
DECEMBER 18, 2004

Space is limited !

**LONG BEACH DANCE CONDITIONING
ACADEMY OF MOVEMENT**

1116 E. Wardlow Road
Long Beach, CA 90807 USA