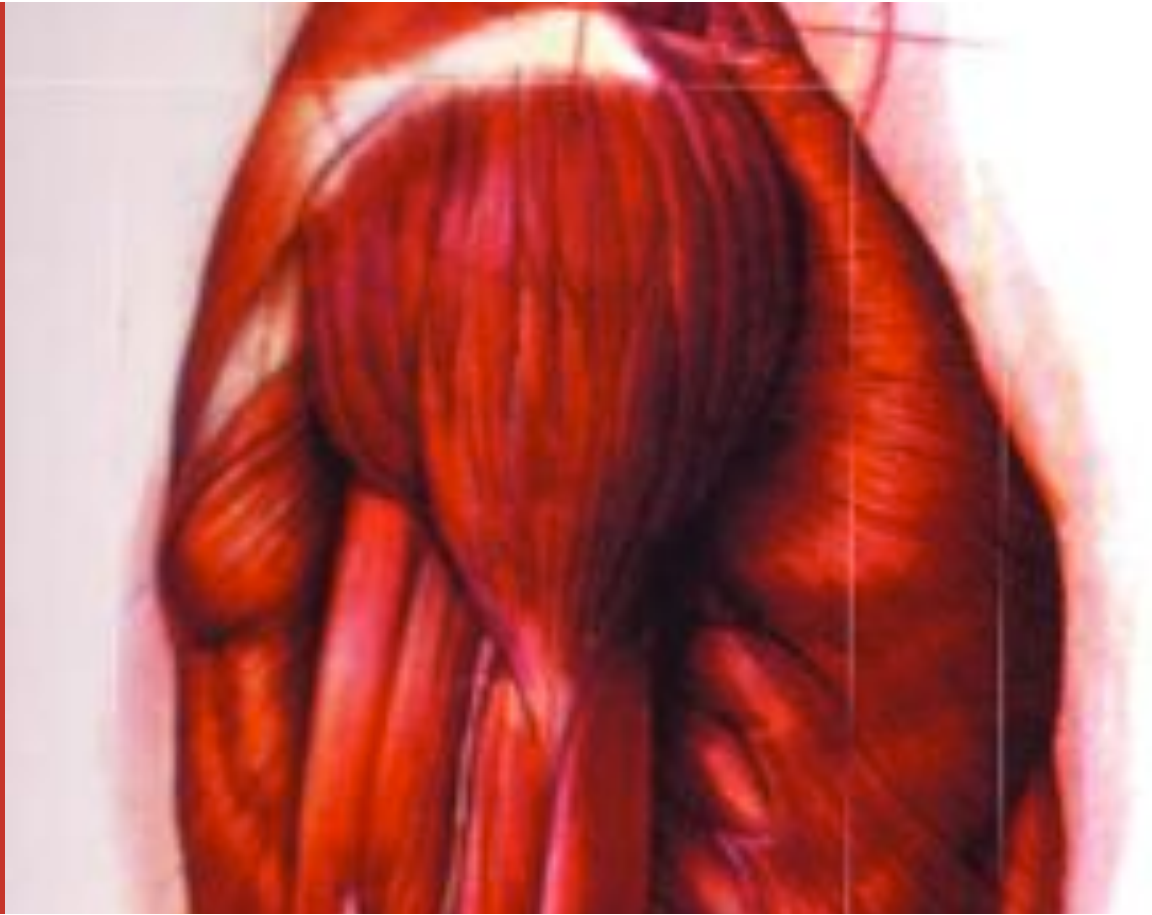


# ANATOMY EMBODIED

Sunday June 27, 2010 1:00-5:00 pm

The Movement Studio is pleased to present a workshop on **A Somatic Exploration of the Shoulder Girdle**



## A Somatic Exploration of the Shoulder Girdle with Danielle McCulloch

*the Movement Studio®  
Pilates*

The shoulder girdle is an interesting part of the body to explore because of its mobility and the mobility of what lies underneath: the ribs and the lungs. Proper support of the shoulder girdle is reliant on many factors. We will be looking at body attitudes, breath, posturing, and development. This workshop is intended to give an introduction to the endless possibilities in the exploration of our

shoulder girdle as it relates to the rest of us. I also would love to begin a dialogue about why teachers use some of the popular cues that I hear in led exercise classes, and how students are interpreting them in their own bodies.

My hope is that participants will go away with a clearer sense of how their shoulder girdle works and how it relates to the rest of their

body; and hopefully, the outer environment as well. This workshop is for students and teachers interested in a rich, full exploration of the shoulder girdle. (Those with neck issues will likely find this workshop useful.)

Space is limited. \$100+GST  
Sunday June 27, 2010

to register  
**Ph 604-732-9055** or email  
[pilates@themovementstudio.ca](mailto:pilates@themovementstudio.ca)