

Course Description Spine 7 day training

A healthy spine is not a rigid spine—it is a strong, adaptable, mobile system designed to move, absorb forces, and respond dynamically to the demands of everyday life.

In this experiential Franklin Method® course, participants explore the anatomy, biomechanics, and function of the spine through movement, touch, anatomical imagery, and **Dynamic Neurocognitive Imagery (DNI™)**. Rather than simply learning spinal anatomy, participants will embody how the spine is designed to move and support the body.

The course explores spinal curves and alignment, facet-joint mechanics, intervertebral discs, spinal ligaments, the atlanto-occipital and atlanto-axial joints, and the thoracolumbar fascia. Participants experience how these structures interact during flexion, extension, rotation, lateral flexion, breathing, walking, lifting, and whole-body movement.

Participants also explore the **back and abdominal muscles**, and how they coordinate with the spine, pelvis, breathing, and thoracolumbar fascia to create efficient movement and dynamic stability.

Special attention is given to the thoracolumbar fascia as an adaptable system for load transfer and spinal support. Participants explore how the arms, legs, pelvis, abdominals, gluteals, and spinal muscles interact through fascial connections and diagonal movement patterns to create efficient, responsive stability.

Using **Franklin Method® balls and bands**, participants practice exercises designed to strengthen and balance the spine, improve coordination and mobility, and release unnecessary muscular tension.

Through imagery and movement, participants learn to replace concepts of stiffness, gripping, and static posture with a more functional understanding of **mobility, resilience, coordination, and stability on demand**.

The course provides practical exercises and imagery that can be immediately integrated into movement teaching, fitness, Pilates, yoga, dance, therapy, and everyday movement.

Learning Objectives Spine 7 day training

By the end of this course, participants will be able to:

- **Identify the major anatomical structures of the spine**, including vertebrae, spinal curves, facet joints, intervertebral discs, spinal ligaments, back and abdominal muscles, and thoracolumbar fascia.
- **Describe the principal functions of the spine**, including movement, postural support, protection, force absorption, and force transmission.
- **Demonstrate the major movements of the spine** and recognize how movement possibilities differ between the cervical, thoracic, and lumbar regions.
- **Apply anatomical imagery and Dynamic Neurocognitive Imagery (DNI™)** to improve awareness, coordination, ease, and quality of spinal movement.
- **Explain and embody facet-joint mechanics and coupled motion** during flexion, extension, lateral flexion, and rotation.

- **Describe and embody the function of the intervertebral discs**, including their role in mobility, force absorption, load distribution, compression, and decompression.
- **Identify and embody the major spinal ligaments** and understand their contribution to movement, proprioception, elastic support, and spinal stability.
- **Work with the back and abdominal muscles** to improve spinal movement, coordination, and dynamic stability.
- **Demonstrate efficient movement of the upper cervical spine**, including the distinct functions of the atlanto-occipital and atlanto-axial joints.
- **Explain the functional role of the thoracolumbar fascia** in spinal support, movement, and force transmission between the upper and lower body.
- **Use Franklin Method® balls and bands** to strengthen and balance the spine, improve mobility and coordination, and reduce unnecessary muscular tension.
- **Experience how muscles and fascia cooperate to create stability on demand**, rather than continuous muscular tension.
- **Apply diagonal and spiral movement patterns** to improve whole-body coordination and efficient force transfer.
- **Integrate spinal embodiment into functional activities** such as standing, sitting, walking, bending, lifting, rotating, and exercise.
- **Teach practical Franklin Method® exercises and imagery** that promote a spine that is mobile, resilient, coordinated, and strong.