

art of motion  
training in movement



## SEAMLESS FLOW & CONTRASTING MOTION

SLINGS MYOFASCIAL TRAINING & CONTEMPORARY PILATES  
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powered by **move**  **ya!**

myofascial  
training

# SEAMLESS FLOW & CONTRASTING MOTION

## SLINGS MYOFASCIAL TRAINING & CONTEMPORARY PILATES

Slings with Contemporary Pilates can be done because moving the whole body simply feels good; to enhance your movement poise or athletic agility; it can ease occupational imprints in your myofascial system; or serve as a tool for more physical, mental and emotional spaciousness and graciousness. All are valid, the choice is yours. Happy practice!

Warm wishes



### For Whom

Slings Myofascial Training with Contemporary Pilates is body-mind integration training for everyone aiming for structural balance and well-being through movement.

Yes, dear Yogis and Yoginis, Feldenkrais practitioners, dancers, athletes, curious movement enthusiasts and body-work therapists, you are warmly invited to join.

### For What

The overarching aims are physical balance, resilience and (self-) awareness through movement.

Built on a foundation of dynamic stability, the exercise sequences shown are designed to optimize and maintain postural ease, multi-dimensional movement freedom, adaptability as well as clear body language and sensory consciousness.

Every move has its unique benefits and at the same time fulfils a purpose within the sequence(s). As in life and in the body, everything is connected and each component is an integral part of the whole.

The same applies for the sequencing. The exercises are specifically layered, like chords in a musical composition.

Each exercise has its own range of more or less obvious intricacies. The more you practise with awareness, the more layers you will peel; discovering the magic in the most simple movements and ease in the most challenging movements.

Embodying the moves and sequences allows you to go deeper and refine your practice; creating new postural and movement patterns, all the while letting go of what doesn't serve you anymore.

### DVD Overview

This DVD comprises 6 self-contained sequences. Although the sequences are arranged in a purposeful order, they can be re-arranged, expanded, practised individually or blended with your own creations.

### Time Frames

The listed 'Practice time frame' is a guideline that varies with exercise intention, amount of repetitions, skill level, 'mood' of the day and movement embodiment.

### Amount of Repetitions

The listed amount of repetitions is a flexible guideline that should be amended according to your training aims, skills and intention.

### Props

A small ball is incorporated in some of the exercises. We recommend a soft massage ball or toning ball.

## SEQUENCE 1: Centring in Movement

### STANDING • WEIGHT BEARING • PRONE

DVD time frame: 16:30 minutes

Practice time frame (approximate): 20 – 25 minutes

#### Centring: Body Spiral

- Awareness of the DFL
- 'Waking up' the local Centre (pelvic floor, transversus abdominis, multifidi, diaphragm)

Preparing: All that's coming

#### 2 x Arm Arc & Circle

- Gentle shoulder mobilization

Preparing: Relevé with Arm Arc & Circle

#### 2 x Relevé with Arm Arc & Circle

- Balance and core stability
- Movement coordination

Preparing: Relevé & Plié with Arm Arc & Circle

#### 2 x Relevé & Plié with Arm Arc & Circle

- Interplay of the SBL and the SFL
- Rhythm and movement coordination

Preparing: Balance Grand Plié

#### 2 x Nodding with Butterfly Arms

- Active lengthening of deep neck muscles
- Mobilization of the cervical and upper thoracic spine

Preparing: Roll Down

#### 2 x Roll Down

- Upward current of DFL and SFL as well as downward flow of SBL
- Lengthening, strengthening and releasing the upper part of the SBL
- Segmental spinal movement

Preparing: Small Wave & Big Wave • Rolling Up • Roll Down V

#### Twice: 1 x Relevé & Plié with Arm Arc & Circle • 1 x Roll Down

- Interplay of SBL and SFL
- Combination of core stability and core strength (respectively)

Transition: 1 x Relevé & Plié with Arm Arc & Circle • Keep arms at shoulder height

#### Side Bend • 5 x Arm Float • 3 x Arm Pendulum

*Right & Left*

- Lengthening and strengthening the LL
- Movement differentiation
- Applied movement-domino

Preparing: Small Waves & Big Waves • Roll Down V • 90/90 Hip Release & Side Bend • Dynamic Mermaid & Spiral

#### 1 x Roll Down & Forward Fold

- Lengthening, strengthening and releasing the SBL
- Movement differentiation

Preparing: Forward Fold & Flat Back • Dynamic Sprinter Stretch • Standing Split

Transition: Roll Down • Forward Fold • Inverted V • Front Support • Basic Front Support

#### Moving Push Up

*Build up in stages: 5 x Lift & Lower, 5 x Shift, 5 x Moving Push Up*

- Core stability and movement differentiation
- Alternating back, shoulder and arm strength (respectively)

Complementing: Prone exercises

Transition: Reverse Rest • Lying prone

### 10 x Leg Lift & Spiralling

- Core stability
- Strengthening hip extensors and lengthening hip flexors

Preparing: Small Wave & Big Wave with Extension • Standing Split • Full Moon Pose

### Twice: 1 x Prone Triple Extension & 6 x Shoulder Spiral

- Mobilizing and opening of the FALs
- Strengthening deep thoracic extensors and rotators

Complementing: Spine flexion exercises

Preparing: Inverted V • Small Wave & Basic Upward Stretch

Transition: Basic Front Support

### 6 x Small Wave with Shift Back

- Segmental spinal movement and core stability combined
- Movement coordination and differentiation

Complementing: Prone Triple Extension & Shoulder Spiral

Preparing: Small Wave with Extension

Transition: Basic Front Support • Front Support • Inverted V • Forward Fold • Rolling Up

### 2 x Relevé V & Plié V with Arm Arc & Circle

- Interplay of DFL, SBL and SFL
- Balance and core stability

Complementing: Small Wave

### 2 x Roll Down V

- Strong emphasis on DFL engagement and upward current
- Balance and core strength

Complementing: Relevé V & Plié V

Preparing: Single leg balance exercises

Transition: Open the heels to finish the sequence or close the feet to continue with the second sequence.



## SEQUENCE 2: SynerChi Essential Flow

### STANDING • WEIGHT BEARING

DVD time frame: 9:40 minutes

Practice time frame (approximate): 15 – 20 minutes

SynerChi Essential Flow can be executed in various ways. The following version incorporates a blend of Small Wave and Big Wave. Progressing through the variations is optional.

Aims and benefits include (but are not limited to):

- Mental and physical centring
- Interplay of stability, strength, mobility and elastic movement
- Interplay of DFL, SBL, SFL (including BALs and FALs)
- Movement rhythm and coordination
- Interplay of outer and inner focus

#### 1 x SynerChi: Build Up

Relevé & Arm Arc • Balance Grand Plié & Arm Circle • Low Plié & Prayer • Crouching • Forward Fold (Leg Stretch) • Plié Melting • Forward Fold (Leg Stretch) • Rolling Up

#### 1 x SynerChi: including Basic Upward Stretch & Small Wave with Shift Back

Relevé & Balance Grand Plié • Low Plié & Prayer • Crouching • Forward Fold (Leg Stretch) • Plié Melting • Forward Fold (Leg Stretch) • Plié & Flat Back • Inverted V • 1 x Big Wave & Front Support • Basic Front Support • Basic Upward Stretch • **5 x Small Wave with Shift Back** • Basic Front Support • Front Support • Inverted V • Dynamic Knee Bend & Jump • Crouching • Forward Fold • Rolling Up

#### 1 x SynerChi: including Basic Upward Stretch & Big Wave with Shift Back

Relevé & Balance Grand Plié • Low Plié & Prayer • Crouching • Forward Fold (Leg Stretch) • Plié Melting • Forward Fold (Leg Stretch) • Plié & Flat Back • Inverted V • 1 x Big Wave • Front Support • Basic Front Support • Basic Upward Stretch • **5 x Big Wave to Front Support to Basic Front Support to Shift Back to Inverted V** • Dynamic Knee Bend & Jump • Crouching • Forward Fold • Rolling Up

#### 1 x SynerChi: including Basic Upward Stretch & Big Wave with Push Back

Relevé & Balance Grand Plié • Low Plié & Prayer • Crouching • Forward Fold (Leg Stretch) • Plié Melting • Forward Fold (Leg Stretch) • Plié & Flat Back • Inverted V • 1 x Big Wave • Front Support • Basic Front Support • Basic Upward Stretch • **5 x Big Wave to Front Support to Push Back to Inverted V** • Dynamic Knee Bend & Jump • Crouching • Forward Fold • Rolling Up

### Individual Components

#### Relevé & Balance Grand Plié

- Interplay of the DFL, SFL and SBL
- Balance and core stability

#### Low Plié & Prayer

*With eyes closed*

- Stillness within challenge
- Focussing inwards

#### Crouching

- Softening of the DFL, SFL and SBL
- Calming

#### Forward Fold (Leg Stretch)

- Active lengthening of the lower portion of the SBL
- Unfolding

#### Plié Melting

- Gentle lengthening and softening of the upper portion of the SBL and SFL (respectively)
- Gentle opening of the lumbar area



### Forward Fold (Leg Stretch)

- Active lengthening of the lower portion of the SBL
- Relaxed lengthening of the upper portion of the SBL and SFL
- Decompressing the spine

### Plié & Flat Back

- Engaging the upper portion of the SBL
- Centring the spine

### Inverted V • Front Support • Basic Front Support

- Incorporating the SBL and SFL as well as facilitating the BALs in different ways
- Stability in different weight bearing positions

### Basic Upward Stretch

- Active lengthening of the SFL
- Opening of parts of the DFL

### Small Wave & Big Wave

- Dynamic interplay of the DFL, SFL and SBL
- Dynamic segmental spinal flexion and extension
- Active dynamic pelvic floor training
- Upward energy flow

### Inverted V

- Unloading pelvic floor
- Engaging BALs and opening FALs

### Dynamic Knee Bends & Jump

- Rhythmic, elastic movement
- Interplay of SFL and SBL

### Crouching

- Softening the DFL, SFL and SBL
- Folding

### Forward Fold

- Lengthening the lower portion of the SBL
- Unfolding the legs

### Rolling Up

- Elongating the DFL, SBL and SFL
- Unfolding the upper body



## SEQUENCE 3: Slings Contrasting Motion

### STANDING • KNEELING • WEIGHT BEARING

DVD time frame: 22:50 minutes

Practice time frame (approximate): 30 minutes

The following sequences comprise unilateral exercises that are linked and balanced with the symmetrical SynerChi Essential Flow

#### 6 x Knee Lift & 6 x Knee Flick

- Interplay of SBL and SFL as well as the LL
- Single leg balance and core stability
- Sensing differences in movement initiation and muscular versus myofascial focus

Complementing: 90/90 Lunge

Transition: Balancing Leg Extension • Aeroplane • 90/90 Lunge

#### 3 x 90/90 Lunge • 3 x 90/90 Lunge & Twist • 3 x Lunge & Open Twist • 3 x 90/90 Lunge

- Interplay of the SBL, SFL and SPL as well as the DFL
- Multidimensional hip joint movement in a split stance

Complementing: Knee Lift

Preparing: 90/90 Hip Release & Side Bend • Standing Split • Full Moon Pose • Inverted V Leg Lift & Arabesque

#### 5 Breaths Triangle Stretch Active

- Lengthening and strengthening the SBL
- Posterior hip and leg stretch and softening of hip flexors
- Unloading pelvic floor

Complementing: 90/90 Lunge

Preparing: Dynamic Sprinter Stretch

#### 10 x Dynamic Sprinter Stretch

- Interplay of the SBL and SFL
- Rhythmical movement coordination
- Buoyant, elastic movement

Preparing: Dynamic Sprinter into Standing Split • 90/90 Hip Stretch & Side Bend

#### 10 Breaths Triangle Stretch Melting

- Lengthening and releasing the SBL
- Unloading the spine
- Relaxed lengthening and letting go of the upper body

Complementing: Dynamic Sprinter Stretch

Transition: 90/90 Kneeling Forward Fold

#### 6 x Shift Folded

- Dynamic mobilization of the foot, ankle and knee
- Rhythmical, elastic movement

Transition: Dynamic lift to upright 90/90 Kneeling

#### 10 x 90/90 Spiralling Twist

- Strength, elasticity and glide in various parts of the SPL
- Strengthening the BALs and mobilizing parts of the DFL
- Glide between abdominal muscles
- Counter rotations of pelvis and thoracic spine/ribcage

Preparing: Lizard

#### 10 x 90/90 Open Twist & Arm Circle

- Mobilizing parts of the DFL
- Dynamic rotation of the ribcage, spine and pelvis (over femur)

Complementing: 90/90 Spiralling Twist

Preparing: 90/90 Hip Release & Side Bend

Transition: 90/90 Gate Pose

6 x 90/90 Hip Release • 2 Breaths Side Bend • 8 x 90/90 Hip Release & Side Bend

- Interplay of LL and DFL as well as SBL (lower portion)
- Dynamic whole body mobilization
- Rhythmical, elastic movement

Preparing: Full Moon Pose • Lizard • Side Support & Hip Stretch with Side Bend

5 Breaths Lateral Angle Pose Kneeling

- Strengthening the upper part of one LL and parts of the DFL in length
- Progressive muscle relaxation based pelvic floor and adductor work

Complementing: Previous concentric adductor work

Preparing: Full Moon Pose • Lizard

Transition: Gentle bounce into High Kneeling Medial Rotation

Triple Extension in High Kneeling Medial Rotation

- Dynamic lengthening and strengthening of the SFL and DFL from the knees upwards
- Glide, elasticity and volume in the myofasciae of the upper body (anterior)

Complementing: 90/90 Hip Release & Side Bend • Lateral Angle Pose Kneeling • Previous spine and hip flexions

Preparing: Crescent Lunge

Transition: Legs parallel or adducted

Sit Back & Bounce Up

- Softening and relaxing the upper part of the SFL, elasticity and glide in and around the quadriceps
- Engaging the upper part of the SBL, lengthening and softening the lower portion
- Rhythmical, springy movement

Complementing: Triple Extension

Preparing: Dynamic Sprinter into Standing Split

Transition: 90/90 Kneeling Forward Fold (facing forward) • Triangle Stretch Active

10 x Dynamic Sprinter into Standing Split

- Dynamic interplay of the SBL and SFL including the DFL
- Isometric engagement of the upper portion of the SBL, elasticity in the lower part
- Differentiated movement integration
- Rhythmical, light-footed movement combining elasticity, strength and length

2 - 4 Breaths Standing Split Active

- Steady engagement of one SBL one side
- Held pose following a dynamic, rhythmical movement
- Balance challenge in the sagittal plane

Complementing: Dynamic Sprinter into Standing Split

8 Breaths Full Moon Pose

- Steady engagement of the LL
- Balance challenge in the frontal plane

Complementing: Standing Split

2 - 4 Breaths Standing Split Melting

- Contrasting 'use' of the SBL (strengthening, stretching, releasing with gravity)
- Melting into a challenging (for most of us) pose

Complementing: Full Moon Pose

4 Breaths Forward Fold Melting

- Lengthening of the SBL
- Soft melting following the balance challenge

Complement: Standing Split Melting

Preparing: Lizard • Side Support & Hip Stretch

Transition: Rolling Up

1 x SynerChi Essential Flow: with Big Wave & Push Back

- Gentle mobilization of the spine
- Finding balance within asymmetry

CHANGE SIDE Repeat the sequence on the other side

CONCLUDE Finish SynerChi in Reverse Rest



## SEQUENCE 4: Stretches with a Twist

### FRONT & SIDE WEIGHT BEARING • STANDING

DVD time frame: 9:15 minutes

Practice time frame (approximate): 12 – 15 minutes

The following sequence comprises unilateral exercises that are complemented and balanced by the Small Wave.

#### 2 Breaths Inverted V

- Lengthening the lower part of the SBL and strengthening BALs
- Lengthening, softening and nourishing the DFL

Preparing: Inverted V Leg Lift & Arabesque

#### 6 x Inverted V Leg Lift & 4 Breaths Arabesque

- Interplay of the SBL, SFL and DFL including the SPL in Arabesque
- Weight bearing in the sagittal plane with minimal load on the lumbar spine and pelvic floor

Complementing: Stretches to come

Transition: Low Lunge

#### 1 x Long Lunge & Arm Circle • 1x Crescent Lunge • 1x Long Lunge

- Strengthening SBL, actively lengthening SFL, strengthening SBL with softening of SFL (respectively)
- Lengthening hip extensors and strengthening quadriceps of the front leg

Complementing: Inverted V Leg Lift

Transition: Low Lunge with hands or forearms on the floor

#### 4 Breaths Lizard - 4 Breaths Lizard Twisted

- Interplay of DFL, SBL and SPL as well as BALs
- Deep, active hip stretch

Complementing: Inverted V Leg Lift

Preparing: Side Support & Hip Stretch

Transition: Low Lunge with the opposite hand near the inside of the front foot

#### 2 Breaths Side Support & Hip Stretch • 8 x Side Support & Hip Stretch with Side Bend

- Strengthening and lengthening the LL
- Strengthening the BALs
- Dynamic, deep hip stretch

Complementing: Inverted V Arabesque

Preparing: Z-Sit

Transition: Inverted V Leg Lift • Inverted V • Big Wave • Basic Front Support

#### Small Wave with Shift Back

- Symmetrical mobilization of the spine and hip joints
- Finding a sense of balance within asymmetry

### CHANGE SIDE

Repeat the sequence on the other side

### CONCLUDE

Finish in Reverse Rest

## SEQUENCE 5: Gentle Dynamics

### SITTING • SUPINE

DVD time frame: 8:15 minutes

Practice time frame (approximate): 15 minutes

#### Reverse Rest

- Calming

Transition: Low Kneeling • Cleopatra Sit • Z-Sit

#### Dynamic Mermaid & Spiral

- Active lengthening and strengthening as well as glide and elasticity in the LL
- Softening and gentle mobilization of the DFL
- Multidimensional mobilization of the ribcage and spine

Complementing: Lizard Twisted

Preparing: Living Pose

Transition: Round Back in Z-Sit - Side Leg Lift in Z-Sit - Tailor's Sit

#### Round Back in Tailor's Sit

- Gentle engagement of the SFL and opening of the SBL (trunk portions)
- Symmetrical spinal mobilization

Complementing: Dynamic Mermaid & Spiral

Transition: Z-Sit on the other side

CHANGE SIDE Repeat the short sequence on the other side

Transition: Basic Rolling Down

#### Rest Position

- Relaxation

## SEQUENCE 6: Absorption & Waking Up

### SUPINE • SITTING

DVD time frame: 7:30 minutes

Practice time frame (approximate): 10 minutes

#### Living Pose

- Letting the body absorb all that has been done and undone
- Bringing calm to the inner sea of fascia
- Going within with presence

Complementing: Everything that has been done

Preparing: For what may come

Transition: Morning Stretch • Supine Rest

#### Rolling Like a Ball

- Waking up the body
- Massaging the back

Preparing: You are prepared!

Transition: Tailor's Sit

2 x Spiralling Twist • 1 x Extension • 1 x Round Back

- Final waking and gentle opening up