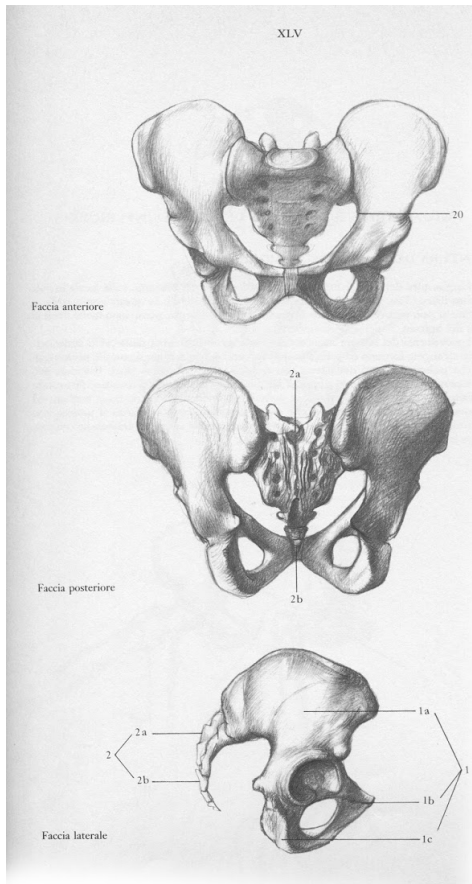


“Discovering the core: the pelvic floor between the Feldenkrais® Method and Hypopressive gymnastics, a synergistic view”

Backgrounds

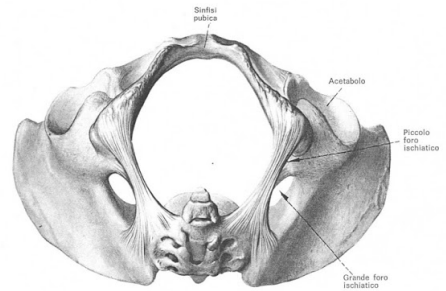
The Feldenkrais Method® was developed in the 1940s by Moshe Feldenkrais, engineer and black belt in judo. Neither therapy nor gymnastics, the Feldenkrais Method® is a form of somatic education based on movement, neural plasticity and learning. It is a sophisticated method useful for updating one's self-image and experiencing change. Saying that it helps improve posture is true but also reductive: Feldenkrais® is much more, it is learning to tap into the source of our infinite potential for learning and therefore for growth and transformation. Doctor Feldenkrais did not like the term posture: he considered it reductive, static, and therefore against the dynamic nature of any living organism. Therefore he decided to coin a more appropriate term for him, “*attura*”, the union of posture and action. By working deeply on replacing obsolete motor patterns it is possible to update the nervous system for better and more efficient use of itself, thus reducing chronic pain and joint limitations and increasing overall vitality and well-being.

Hypopressive gymnastics is a training technique designed to activate the involuntary fibers within the pelvic floor. During these exercises, which are postures combined with particular breathing, we also activate the abdominal muscles, in particular the *transversus abdominis* muscle, the deepest of the abdominal muscles, essential support for the lumbar vertebrae and viscera. In the late 1970s, Dr. Marcel Caufriez realized that “traditional” abdominal exercises were damaging the female pelvic floor, accentuating problems such as urinary incontinence, pelvic organ prolapses and abdominal release. Caufriez decided to study an alternative, developing a series of exercises suitable for the rehabilitation of abdominal and pelvic tone after childbirth. These exercises do not increase intra-abdominal pressure (which happens with traditional abdominal exercises), which causes widespread hernias (umbilical/lumbar/inguinal). Today, hypopressive gymnastics is a fairly well-known practice, which is used for various applications in the fields of rehabilitation, prevention and sport. Most widespread in Spain and French-speaking countries, it is also rapidly spreading in Italy.

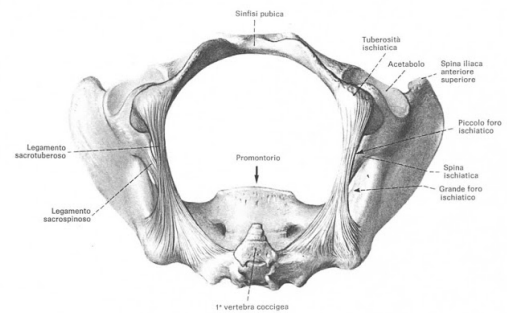


BACINO ARTICOLAZIONI

- 2a Sacro
- 2b Coccige
- 1a Ileo
- 1b Pube
- 1c Ischio



Bacino maschile visto dal basso. Si apprezzano il contorno e l'ampiezza dello stretto inferiore.



Bacino femminile visto dal basso. Al confronto con la pelvi maschile, lo stretto inferiore presenta maggiore ampiezza.

The workshop

The pelvic floor encloses that set of muscles and connective tissue within the pelvis and is, together with the ligaments and the abdominal wall, a support for the organs contained in the small pelvis. It is a part of the body in which some of the fundamental functions of a human being take place (sexuality, elimination of feces and urine) and also an extremely important energy center. As it reflects the entire postural organization of a person: in fact the tone, elasticity and vitality of this area can also be a mirror of his energetic state. Women often feel more involved in problems concerning the perineal and pelvic area due to childbirth, and the general lack of information and awareness during entire life and before/during/after childbirth, but men are not free from disorders (inflammations such as pubalgia, inguinal hernias, lower back pain, prostatic inflammation). For this reason this workshop could be open to men and women or any gender, or only to women.

During the duration of the workshop we will talk about the pelvic floor and the perineum; we will listening in depth to this area and its relationships with the rest of the body, from the feet to the top of the head, with a particular attention to the relations with the breath and the abdominal muscles. We will use supports, such as soft inflatable balls, pillows and blankets. The planned work will take place on the floor on comfortable mats, sitting on the floor or on chairs, and even standing. After a first part dedicated to listening and awareness

Main contents

- *The pelvis, home of the perineum*
- *Diaphragms of the body: focus on feet and pelvic floor*
- *The triangles of the perineum*
- *Superficial and deep musculature*
- *Breathing, abdominals and pelvic floor in synergy*
- *Pelvic floor into movement*

MARTA IUCCI BIO

Born in Rome, she graduated as a Feldenkrais Method teacher in 2011, at the age of 24, and at the same time she graduated in Pedagogy at Roma Tre University and later at the University of Florence with a master's thesis in Sciences and Techniques of Sport and Preventive and Adapted Physical Activity. She trained as a Hypopressive gymnastics teacher, (Caufriez Concept), in Florence in 2020. She regularly teaches group and individual Feldenkrais and Hypopressive workshops and lessons, both live and online. The pelvic floor workshop emerges as a request of students, deeply curious and in need of more understanding about the power of this area of the body and its well being, so important both for man and women, and so neglected and forgiven. The work expand with series on breathing and abs, so it is suitable for anyone of have problems or questions around the core use and function, through a synergistic path between Feldenkrais and Hypopressive gymnastics as main tools. At the same time Marta is a passionate dancer and teacher of Contact Improvisation. In her approach to dance she transmits elements of anatomy and awareness of movement, nourishing the creative and expressive aspect through them. She lives in Tuscany and works in Italy and abroad. (<https://martaiucci.com/index-EN.html>)

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