



## Rachel Ellery: Anatomy of the Spine



Rachel Ellery is an Osteopath, Pilates rehab instructor and internationally recognised anatomy teacher. She specializes in sharing her knowledge of human anatomy and movement principles to yoga students, yoga teachers, and bodyworkers from around the world. Discover and explore how to embody mobilisation and stabilisation of the various regions of the spine.

**TOP EMBODIMENT TIP:** If you don't move it, you lose it.

### Structure of the Spine:

- The spine consists of **33 segments. All but one at top of neck are separated by vertebral discs** which act as cushions.
- An **artery travels up the spine** which supplies important nutrients to the neck and brain. The **spinal cord** goes down the central aspect of the spinal column. Little nerves and projections come out where muscle and ligaments attach.

### Ranges of Motion and Dissipation of Forces:

- Movement occurs at joints within our body. The **plane joints** in the spine give various ranges of motion through **spine flexion, extension, side bending and rotation.**
- Structure / function within the front region of the spine is connected with our **weight bearing and dissipation of forces.**

### Exploring the Regions of the Spine:

- Three primary regions in the spine are **cervical, thoracic, and lumbar.**
- Each region **has different form and function, capacities for movement, and connection with different chakras.**
- The **regions affect our body in multiple ways** including relating to movement, breath, emotions and nervous system.
- **Awareness, stabilization and mobilization** are important to be mindful of.

### Movement Practice:

- Encourages all to start to refine their movement practice and start to get that sense of **“Where am I actually wanting to move from?”** and **‘How am I wanting to move?’**
- **Our body loves the path of least resistance** and it can cheat very easily. It's a little bit naughty
- **Being mindful and understanding the anatomy of the body** are key components to really embody and appreciate the complexity and the beauty of what lies beneath our skin.

### Resources

- ❖ **Courses:** [6 week mentorship in anatomy starting Oct 31.](#) Offering a [50% discount](#) to The Embodiment Conference participants.
- ❖ **Website:** <https://www.theanatomyschool.com>
- ❖ **Instagram:** [@theanatomyschool](#)
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- ❖ **References:** Gil Hedley, Integral Anatomy (<https://www.gilhedley.com/>)



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**Gil Hedley, Ph.D.**, is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

**Integral Anatomy** is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to [www.gilhedley.com](http://www.gilhedley.com) and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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