



Eric Franklin: Fascia Embodiment for a Healthy Back



Eric Franklin is the founder and director of the Franklin Method and is the author of 21 books. Learn how to train your fascia to improve flexibility, strength, stability, motivation, concentration, and self-confidence.

TOP EMBODIMENT TIP: Practice how you would like to feel until you feel it and become it

Introduction:

- Introducing various **tools and practices** for you to create change in your **back, shoulders, and neck** and anchor that change using **neuro-plasticity**.

Practices:

- Practices demonstrated in the session include **tapping and shaking, shoulder sponge, neck exercise, lower back exercise, and elastic recoil**.

Training and Embodiment of your Fascia:

- Using **built-in tools** we already have which are free, always available, and adaptable for every situation.
- Using **self-talk, mental imagery, self-touch, and imagery** to change your **body schema**.
- Explore ways in which mental imagery might mutually interact with **fascial tissue** to support performance and cognitive functions, and the positive effect on proprioception, body schema, and pain.
- Learn how to train your fascia to **improve flexibility, strength, stability, motivation, concentration, and self-confidence**.

Resources:

- ❖ **Website:** franklinmethod.com
- ❖ **Conference Bonus:** [Resource Page](#) which includes complimentary access to one of our previous webinars 'Healthy Discs & Pain Free Back' – *regular price \$59 USD* -, our mini-online course 'Fundamentals of Fascia Embodiment', downloadable posters, and more tools to continue your experience with Dynamic Neuro-Cognitive Imagery and Embodied Anatomical Function
- ❖ **References:** [Integrating Mental Imagery and Fascial Tissue Article](#)



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The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.

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