



**Shanon Leonard: Pelvic Orientation & Upright Posture: Anatomy Myths**



Shanon loves teaching embodied anatomy and offers an unusually enthusiastic and broad perspective. She makes complex anatomy and physiology clear and relevant. Shannon currently teaches anatomy, physiology, pathology, and kinesiology for the Port Townsend School of Massage. Explore your posture through an anatomical experience of the pelvis.

**TOP EMBODIMENT TIP:** Take the time to sit on a chair for five minutes; feel your breath, or feel your body. Embodiment is about pausing once in a while, and feeling.

The Discovery of the Pelvis:

- The myth of the pelvis is that it is some kind of bowl or container that sits upright.
- **The hip bone is *one* bone and *three* bones at the same time.** The ilium, the ischia and the pubis are the three areas that come together in the middle- where the hip socket resides. These fuse into *one* bone within.
- **The pelvis ties us to all of our ancestry, and all of the evolution of movement.**

Embodying the Pelvic Area:

- Seated or standing, place your hands on your waist and then move them down towards your hips. Feel where the soft flesh of your waist gives way to the top-crest of your pelvis, and follow that forward or anterior to feel those bones. Leave one hand there and then move one hand down to the very top of your pubic bone. If you feel like your pubic bone is backward or forward, adjust your pelvis and see what that feels like.
- **A lack of healthy function increases with the lack of lumbar curvature.** This happens if someone is holding your pelvis tucked under tightly.
- **We tend to think of the pelvis forward, and that a real curvy spine is not real.**

The Body is Unique:

- Every- body is unique; **our bodies adapt and change.** They evolve to suit our best needs.
- Muscles never work alone. They work in really complex ways; these are the engines to move through the connective tissue into the bones.
- Practice: get on a chair; measure where your pelvis is (in width and depth) and see if it's in agreement with how you *picture* your pelvis. You can practice this with other body parts too. Picture or draw, and then measure that body part. Then compare this to your *internal experience* of that body part.

Resources:

- ❖ **Website:** <https://shanonleonard.com/>



## Shanon Leonard





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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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