



**Marlo Fisken: Spinal Flow: Enliven your spine (and all your parts) with sensual and expressive undulations**



Marlo Fisken is the founder of Flow Movement and an international Pole Dancer. She teaches movement and dance, and utilizes imagery to awaken fluidity and range in movement. Explore possibilities in movement with this guided imagery flow movement class.

**TOP EMBODIMENT TIP:** Take more walks; a walk can be a dance break, walk like you are swinging and voguing

Wagging Your Tail Practice:

- When doing any fast repetitive oscillating movement **what is helpful is to continue to keep your breath flowing**
- Notice the rate of your breath: slow breathing out provides release
- Explore weight bearing on one leg and shifting your centre of gravity

Flow Soap Practice and Exploration:

- Playing with an image of soap over the skin and under the skin awakens movement flow
- **Imagination guides us into the awareness of tension and resistance**, and transcends prior knowledge
- Adjust the image to resonate personally with you

Inspirations

- People who are fully commitment and dive deep into their dance
- **Ordinary people, dancing with wild abandon**
- Tom Wexler

Moving with Injuries

- What is the range of motion that takes you to your edge without pain?
- Explore the sensation of gravity through an image like water lapping on the shore

Working with the Head

- How does the head relate to the shoulders?
- Learn to feel the support of the T spine when moving the head and neck

Working with Stuckness

- **Focus on spending more time of the day in open, fluid postures**
- Be playful with incidental movement like walking; play with different ways to move your arms

Images :

- Choose images that are easily relatable and textural, like water
- Use recall of lived experiences, like a roller coaster

Resources

- ❖ **Courses:** [Intro to Ease of Movement](#)
- ❖ **Website:** [Marlo Fisken](#)
- ❖ **Social:** [@marlofisken](#), Facebook: [Marlo Fisken](#)



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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.

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