



Madeline Black: The Integrated Psoas and Diaphragms



Madeline Black has over 30 years of experience in the field of movement and is the author of *Centered: Organizing the Body Through Kinesiology, Movement Theory and Pilates Techniques*. Madeline developed the Madeline Black Method, teaching movement teachers to use assessment skills, movement sequences, and manual techniques to help people achieve their fullest movement potential. Experience the full capacity of your movement through this guided practice, as you tune in to your diaphragm and psoas.

TOP EMBODIMENT TIP: Go for a walk, especially in nature.

Assessment: **The Unique Shape Shift of Your Body**

- We all have a pattern in our bodies and nervous systems that reflects how we are feeling and responding to the world.
- Understanding your individual pattern and feeling the emotions in your body can help you recognize when you are moving into a painful and restricted pattern.
- Notice how your body moves in different dimensions, and where you feel the breath in your body.

Integration: **Everything Moves, and Everything is Connected**

- The ribcage supports the diaphragm; mobilize the ribs to provide ease of movement for the diaphragm and psoas.
- The top of the leg is not where it meets the pelvis, it is higher up, where the leg is tethered to the diaphragm through the psoas.
- The diaphragm is a breathing muscle, and also a postural muscle. The abdominal muscles are functional postural muscles, and also breathing muscles.
- The abdominal connection to the diaphragm is important to support breathing. The abdominals, ribs, psoas, and diaphragm work together to support the spine.

Release: **Restore Ease of Movement**

- Visualize the diaphragm as a jellyfish, and invite that floating quality of movement into the breath.
- Imagine the ribs as gills on a fish, opening and expanding with each breath.
- Invite the sensation of moving the legs through water, to unwind the psoas and connect to the diaphragm.
- Before adding load, release first, then activate.

Resources

- ❖ **Books:** *Centered: Organizing the Body Through Kinesiology, Movement Theory and Pilates Techniques 1st Edition*
- ❖ **Courses:** [Madeline Black Immersive Training](#)
- ❖ **Website:** www.madelineblack.com
- ❖ **Social:** [Facebook Group: Madeline Black Centered Virtual Workshops](#)



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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 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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