

Workshop Title:

Liberating the Spine through Awareness of the Psoas, Diaphragm, and Core Fascial Sheathing

Duration: 2.5 hours

Arriving & Dropping In

- Set the frame: this is not a “core stabilization” class. It’s an invitation to drop *into* your body, your inner fluidity.
- Brief overview of the psoas-diaphragm complex as the *cobra* of the spine – vital, juicy, and deeply emotional
- Orientation to the *deep front line* – how your feet, pelvic floor, and core musculature are in constant dialogue
- A few minutes of gentle sensing to land: breath, inner awareness, front of spine

Finding the Inner Core: Sensing, Not Bracing

- Slow, non-performative movement to feel into the psoas and diaphragm
- Letting the transversus abdominis and outer layers *unstabilize* so the inner intelligence can come online
- Practices to track fluidity in hips, spine, and ribs
- Awareness cues to feel where the diaphragm and psoas spiral around each other
- Start to tune into the dynamic relationship between your moving self and your organic self

The Spine as a Living Engine: Movement Practice

- Movement sequence that includes backbends, forward bends, and twisting – but initiated from the inner core
- Feel how the psoas and diaphragm ripple through your spinal movement
- Let the outer effort fade and sense the fascia gliding, connecting foot to core
- Embodied movement to energize the kidneys, release adrenal grip, awaken breath
- Encouragement to drop ideas of “doing it right” – just be in your spine’s truth

Dialogue Through Touch & Shared Awareness

- Gentle hands-on explorations (solo or partnered)
- Bodywork to bring awareness to psoas-diaphragm tension
- Learn to cue or hold space with hands and words to awaken the spine and core
- Explore the front of the spine as the meeting point between breath, emotion, and presence
- This is not about fixing – it's about listening

Moving From the Inside Out

- A final movement sequence integrating everything
- Let the psoas-diaphragm *become* the guide – not a muscle to control but a living intelligence
- Feel how your Ashtanga or hatha practice opens into a new sacred dimension from this inner place
- Build the bridge: the being that matches your doing

Closing: Core Aliveness

- Land the experience in words or silence
- Share reflections or just be in the quiet afterglow
- Leave with the embodied memory of this inner dance
- Acknowledge the shift: strength not as force, but as responsiveness and inner resonance