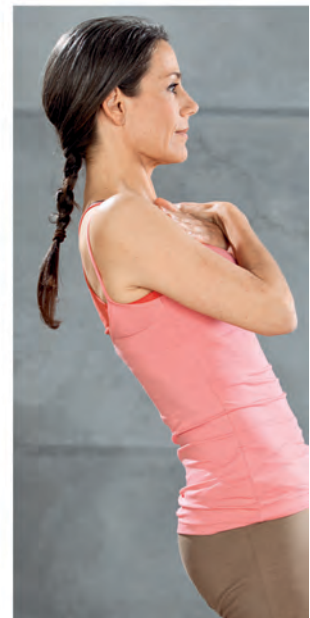


CANTIENICA® Body in Evolution

A vivatomically substantiated posture and movement concept



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Dear Reader,

TIGERFEELING – THE PERFECT PELVIC FLOOR TRAINING FOR MEN AND WOMEN

is the fourth edition of my Tigerfeeling book on the pelvic floor in German, the first in English. I have reviewed it completely to include all my latest – and strictly empirical – insights. This edition and my first Tigerfeeling from 1997 have only three basic concepts in common: Firstly our pelvic floor musculature is crucial for our health, posture, and beauty; secondly the right exercises and workout make it easy to train the pelvic floor muscles sensibly and with lasting results; thirdly the training is fun and helps develop great physical awareness.

I used to believe that anatomy was an exact science. Dissecting and mapping the human body. Exploring it to the tiniest detail. Defining. Analyzing. My first doubts arose in the 1980s, when I worked as a journalist and tried to research an article on why there are different skin colors. I wanted to know the evolutionary reasons for this wide range of phenotypes within one and the same species. I found a lot of racist ideology and nothing of substance. Nothing at all. My article turned out to be about my fruitless search.

Years later, I started thinking about and researching my own body. My interest was born of personal suffering. I was no longer willing to accept that there was nothing I could do about my curved spine, that I should just accept it as my painful fate. I didn't want a future in which my back would become more and more twisted as I got older. At first, I searched outside my body. I tried every method, every technique, and every kind of body therapy. I read articles and books, interviewed physicians and therapists. Somehow, none of that worked for me. Either my body was uniquely different from everyone else's or I was too ignorant to use it properly.

So I turned inside. I journeyed to and through my body. I wanted to feel, to experience, to discover. It was a journey from chronic, ceaseless pain to a world of wellbeing. A journey from body hell to body heaven. The more I let go of theoretical concepts of my physiology and anatomy, the more I just observed, perceived, noticed, experienced, and experimented, the better, lighter, more unencumbered my body felt.

For 45 years, my body had been my enemy. Now I'm 70, and my body is my best friend. I know that I can look forward to discovering many more body treasures in the years still ahead. My journey towards body ease and lightness has not yet ended.

In practice, this means that all my insights about the body are the result of my own observations. I observed first my own body and then the bodies of all the men and women who came to my classes. And the bodies of those who wanted to learn from me and came to my instructor trainings. My work method is unchanged: I believe anything is possible and nothing should be ruled out. I don't assume anything, so my work doesn't have to fit a specific mould. Whenever I discover something new, either in myself or through the work with others, I want to verify this discovery. It is only after the initial discovery that I start searching for anatomical explanations or potential relationships and connections.

So far, this approach is working beautifully. As soon as I know what I'm searching for, I go ahead and find proof for my concept. One example, taken from my exploration of the pelvic floor, is the insight that pelvic floor training only makes sense if you address the innermost, largest pelvic floor layer.



Overtraining the outermost layer will only damage the sphincter and erectile muscles. Once I realized this, I found anatomical illustrations that perfectly harmonized with my concept – even though they came from very different contexts.

Another example: over the years, I developed the concept of two pelvises, a right one and a left one. These two pelvis halves move independently, yet in resonance with one another. With every step I take, the respective pelvis half acts as a conductor and coordinator for my bones. Now I understood why these pelvis halves are each equipped symmetrically and independently with a vertical and diagonal ligament system.

And a third example: the discovery that the adult spine doesn't have to act as a shock absorber if it is kept straight and upright by the autochthonous musculature – the same natural way that healthy children's spines are supported. Taking such a radically autodidactic and pioneering road has its dangers. When you leave the well-trodden paths to discover new and unknown territory you may get lost. I am and always have been well aware of this fact, especially since I do not have any formal training in anatomy, medicine, or physiotherapy. At the onset, this was the cause for great inner conflict – could I really dare speak my mind in a field where I had no formal credentials? But as time went by, I realized that it was precisely this lack of preconceptions that allowed me to think and observe freely. Having no idea of the concept of agonists and antagonists in muscle physiology, I could look at and deal with musculature in a new way. Not knowing that hip dysplasia is considered incurable, I can just assume that our bones are able to alter their shapes as long as we are alive.

I used to be terrified of making mistakes. Over the years, I made many small mistakes because I wrongly interpreted what I observed or simplified my findings too radically. Let me illustrate that with yet another example: 15 years ago, I wanted to offer you, dear reader, an explanation of how your pelvic musculature might have turned into a blind spot early in your adult life. I ventured the hypothesis that the functionality of the pelvic floor is tied to our learning the diagonal movement of our contralateral gait. This meant that infants could not get potty-trained before they were able to at least crawl. The functions of the pelvic floor would then be an acquired ability, not something available from birth. This hypothesis seemed to make sense and remained unchallenged for 13 years. Today I know that more and more parents learn to recognize the signs when their babies need "to go" from very close observation, starting right after birth. From the very beginning, then, the baby can learn to consciously restrain urination and bowel movements. Using their pelvic floor musculature is therefore part of our "starter kit" – it is available immediately, just like grasping and pushing. Great!

Every mistake I made was also a progress – for me, my students, and my clients. Nowadays I am happy about any mistake that forces physicians and anatomists to prove me wrong and convince me. This always leads to something new, either a more precise concept or a ground-breaking discovery. The clash of concept and counter-concept often results in a new, third option that surpasses even my wildest dreams to date. The testimonials written by people who practice my method bear witness to this.

The interesting thing is that errors online occur on the level of theoretic interpretation, that is, when I try to match my approach of a "living and lively anatomy" with old and accepted anatomical concepts. There have never been mistakes on the level of practiced CANTIENICA®. In practice, my method is astonishingly simple and breathtakingly logical: first, you bring your bones into optimal alignment. This alignment will bring 100% of your musculature into an ideal basic stretch, which is the best starting point for good movement. If performed correctly, all the exercises are absolutely safe, even if I'm not always entirely sure in my explanation why they work. The morphology I'm interested in hasn't been widely studied as most dissections and anatomical illustrations are performed on older persons with the typical deformities and damages to the skeletal system.

For "conventional medicine" – please allow me this generalization just this once – "normal" is defined by common occurrence, and in elderly persons (and their skeletons) this means ailment, deformity, and illness. Solveig Hoffmann is a doctor practicing in a health center in Tenerife who works intensely with the CANTIENICA® Method and has become my "go-to doctor" over the past few years. She points out errors in interpretation, explains medical and physiological concepts in a way that I understand, and she never dampens my joy in questioning seemingly proven and irrefutable facts. She is the one who inspired me to rethink the term "sphincter muscles" in this book and to not just call them "sphincter muscles" because that's what everyone else calls them. Instead, we now differentiate between sphincter muscles and erectile muscles. And all of a sudden it becomes much clearer and more logical which parts of the female and male anatomies we're referring to.

This said, please accept all my errors as gifts.

Yours sincerely, Benita Cantieni

Benita Cantieni



CANTIENICA® Training in full swing



Tigerfeeling

THE PERFECT PELVIC FLOOR TRAINING FOR WOMEN AND MEN

“Tigerfeeling – The Perfect Pelvic Floor Training for Men and Women” awakens the power that comes from your centre. The exercises are gentle and safe. They’re also fun to do and easy to fit into your daily routine, and the success is immediate: after just one session, you will experience a noticeable – and visible – effect. After only three weeks, you will see measurable changes. Discover and awaken the power of your pelvic floor – for more elasticity, suppleness, vitality and sexual enjoyment! Say goodbye to a weak bladder, incontinence, orgasm problems, back complaints etc. Tigerfeeling gives men and women natural power and grace to last a lifetime.



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TESTIMONIAL ON THE E-BOOK

Deirdre Summerbell, Yoga Teacher and Author, New York and Kigali

"In a world of wishful thinking and faddish practices, Benita Cantieni's Tigerfeeling is a godsend. It strips away illusions fostered by the fitness industry to reveal that much of what we have been told (and sold) is a red herring. Take the 'core,' the holy grail of 21st century gym bunnies and marketers everywhere.

What if there was one book that could show you instantly that there is no such thing - at least not in the punishing and boring way you've been taught to believe? Meet Tigerfeeling! In clear language and with exercises that will have your body singing, YES!, Tigerfeeling opens a door onto a different world and a very different body.

It's the agile, upright body that everything from Pilates to gyms promise, but rarely, if ever, deliver. It's a body free from injuries and brutal exercise regimes to make the business of living effortless and easy - the way it was when we were children.

This is the genius and the paradigm shift that is Tigerfeeling and I highly recommend it."

The Founder

BENITA CANTIENI



Benita Cantieni, born in 1950, is the founder of CANTIENICA® Body in Evolution. Being diagnosed with a severe scoliosis, Scheuermann's disease, arthrosis in her hip joint and a fracture of her sacrum. She was excluded from sports and, in addition, lived on painkillers. Forced by her own handicaps, she started to study anatomy in order to fully understand her physical weaknesses. Today, her previously scoliotic spine is perfectly straight, she is free of pain, her body loves to move and exercise. The new posture made her grow by two inches and her formerly tortured body changed its shape tremendously. Cantieni began to teach her findings to interested men and women and finally developed her anatomy-based CANTIENICA® Body in Evolution. The exercise program is constantly being updated as new

findings arise. A former journalist and author, Benita Cantieni published her own story as a book that became a bestseller in Germany, Switzerland and Austria. To this day she published 28 books, several DVD and Audio-CD in German. Many of this publications are licensed in other languages. "Tigerfeeling – The Perfect Pelvic Floor Training for Men & Women" is available as ebook.

Curriculum Vitae

BENITA CANTIENI, BORN IN 1950 IN SWITZERLAND

- 2019 Renaming to CANTIENICA® Body in Evolution and introduction of the licensing system
- 2014 1st certification course CANTIENICA® Method Level 1 in Berkeley, California
- 1998 to date More than 220 CANTIENICA® Certification Courses with about 2,000 trainees
- 1993 to date Founder and developer of CANTIENICA® Method for Bodyform & Posture (part time until 2005; fulltime since 2005)
- 1998 to date Co-owner and chairwoman of CANTIENICA Ltd; author of 28 books (in German, (some of them also available in English and other languages); producer of various DVDs and CDs (available in German)
- 1995 International Senior Master Teacher for Callanetics
- 1998 to 2005 Editor-in-chief Shape Magazine Germany, Munich (part time)
- 1994 to 1997 CEO Callanetics AG Zurich
- 1996 NewCallanetics – The Book, authorized by Callan Pinckney
- 1990 to 1998 Freelance Journalist for Sonntags-Blick Switzerland
- 1988 to 1990 Editor-in-chief Vogue Germany, Munich
- 1984 to 1988 Editor-in-chief Annabelle, Zurich

The Method

CANTIENICA® BODY IN EVOLUTION

Good Posture is feasible

CANTIENICA® Body in Evolution is an anatomically substantiated posture and movement concept. "Logical anatomy, anatomical logic" – that's how Benita Cantieni describes her method. Why? Because all bones are stretched and aligned according to the original blueprint of the human body, in a way that all of its muscles, chords, ligaments, and fascias obtain their basic tonus and a vivid tension. In a correct posture of the skeleton, strength, flexibility and stamina are trained from inside the body, i.e. its deepest muscle layers. The CANTIENICA® Method also brings about beauty benefits: The muscles forming the inner pelvic floor (levator ani) activate the muscles in the back, the abdomen, the buttocks and the legs and therefore improve shape and posture extremely fast and effectively. Practicing the CANTIENICA® Method gives you a good and healthy constitution, fostering self-esteem and radiance – independently of your age, size or weight.

Anatomically precise

The foundation of a fully erect and healthy spine is the pelvis. CANTIENICA® Body in Evolution aligns, straightens, and mobilises your pelvis perfectly. It improves the grip of the muscles on the pelvis and the pelvic floor, or more precisely, its inner layer, the levator ani. This group of muscles sits like a trampoline attached between the hip joints, the tailbone and the pubic bone. Consider the human body as a multi-storey building: a well-trained pelvic floor is the most important floor in it. The spine is erected upon this floor with the help of the so-called autochthonous musculature, approximately 200 small muscles, which hold and protect its vertebrae by sheathing them and connecting them to all other muscles around.

Every single CANTIENICA® Exercise trains your whole body from toe to top. Perfect posture and physical harmony are achieved through three-dimensional movements. Whether you are training for a more powerful back, relaxed shoulders, well-shaped arms or a flat belly, all exercises truly respect the physiology and anatomy of your body. This anatomical precision is the reason why CANTIENICA® Body in Evolution is being taught by an increasing number of therapists and other fitness and health professionals.



Photos

Cover: Foster & Martin, Munich ©CANTIENICA Ltd/Randomhouse

Pages 5, 7, 8: Sabine Wunderlin, Zurich

Pages 8, 9, 10, 11: Beat Brechbühl, Lucerne

Body Toning Workout

CANTIENICA® POWER PROGRAMME

Longing for a truly upright gait with sleek movements? And for well-toned muscles and beautiful shapes?

Here's how: by absolving this body toning workout, you'll gain more power, litheness, grace and beauty. Yet that's not all. Its 10 exercises will stretch, shape and sleeken your body as you practise. Have fun!



1 Majestic grandeur

Stand upright, placing your feet in a very slight V position. Face your pubic bone and tailbone downward and the crown of your head upward. Lift your arms and keep them stretched up beside your ears. Fold your hands, palms facing up while relaxing your shoulders. Rotate your upper arms' muscles outward and backwards. Draw the crown of your head to your hands while gently nudging your heels into the floor. Imagine breathing in at your left heel and out at your right shoulder and, vice versa, breathing from your right heel to your left shoulder. Repeat 5 times.



2 Sleek and slender

Directly from position 1: unfold your hands and grasp the left wrist with your right hand. Let the sitting bones peep to your heels. With your right hand, pull your left arm gently to the right and let the crown of your head follow effortlessly. Note that the stretch happens from your thoracic spine. Bring your left shoulder softly down while rotating your upper arm muscles outward. Be sure to keep both sides of your waist stretched and long! Back to upright position. Now change hands and repeat on the left side. 3 times on each side.



3 Goodbye, arm wobbles!

Stand upright and draw the sitting bones together in order to activate your levator ani. Lift your arms on shoulder level and bend them stretching your elbows sideways, your fingers pointing upward. Relax your shoulders outward and downwards. Rotate the forearms bringing your little fingers towards your thumbs, so that your arms feel a wee bit twisted. Now intensify this rotation: twist your little fingers a tiny bit more towards your thumb, let go, twist again, let go ... 30 times. Level 2: widen and narrow the angle between your upper and forearm while pulsating.



4 Shapely thighs and calves

Stand upright and cross your arms on shoulder level. Take one step forward with your left foot. Let your torso sink down until your knee is bent at a 90-degree angle above your heel. Let your pubic bone and tailbone sink towards the floor while drawing the crown of your head upwards. Imagine your right kneecap lengthening towards the floor. Breathe in, pull your sitting bones together and use this power to lift your torso one or two inches. Breathe out, relax sitting bones and let your torso sink down again. 30 times. Change sides.



5 Feline litheness

Come into a squat bringing your feet into a slight V position. Now wander your hands forward as far as possible; while doing so your heels stay nudged to the ground. Stretch your sitting bones, pubic bone and tailbone towards the ceiling and release and relax all vertebrae in the direction of your crown. Draw out your upper arm muscles and bring your shoulder blades in the direction of your pelvis. Extend your belly button to your thoracic spine and pubic bone. Let your left sitting bone peep up over to the right, and your right one peep up over to the left. 10 times on each side. Change into next position.



6 For a better butt

Come onto all fours, placing your knees exactly beneath your hip joints and your hands exactly beneath your shoulders. Stretch your pubic bone and tailbone backwards while pulling the crown of your head in the opposite direction. Extend your belly button to your sternum. Place your left forearm on the mat, elbow beneath your shoulder. Place your right arm on your back and twist your thoracic spine to the right. Slide your stretched left leg backwards; the tip of your foot is touching the floor. Activate your levator ani to lift your foot one or two inches and do 30 small pulses: pull your sitting bones together, relax them, pull, relax ...



7 Toned upper thighs

Lie down on your right side with your forearm on the mat, elbow exactly beneath your shoulder. Bend your right knee with your upper thigh at a 90-degree angle from your body; lift the heel a tiny bit off the mat, the toes stay on the floor. Stretch your left leg along your body. Pull your heel long until you feel your groin lengthening and opening. Your left heel touches the ground; toes are lifted off a tiny bit. Draw out your spine. Lift your left heel an inch and pulsate with your levator ani while bending and stretching your leg slightly. Wander your stretched leg in front of your torso and, while doing so, keep your sitting bones pulled backwards. Wander your leg back into its original position. Change sides.



8 Flat abs

Lie on your back with your legs stretched. Pull your pubic bone and tailbone to your heels and the crown of your head in the opposite direction. Stretch your arms sideways and imagine pulling them apart. Bring your knees to your chest and stretch both legs, the soles of your feet pointing to the ceiling. Stretch your heels upward, while your sitting bones keep peeping down to the mat. Extend your belly button to your sternum. Let your left leg sink slowly downwards and lift it again, then your right leg. Your pelvis remains completely calm throughout and stays on the mat. Each leg 15 times. Please note: only bring your leg down to a degree that allows you to keep your pelvis calm and relaxed on the mat.



9 Belly straddle

Lie on your back with your legs stretched. Lift one knee to your chest, then the other one, and stretch both legs to the ceiling, sitting bones pulled downward. Bring up your head from the crown. Relax your sternum and your ribs. Separate your legs into a wide straddle while letting go your sitting bones downwards. Rotate your feet slightly outward pulling your heels long. Fold your hands and stretch your arms, while widening and relaxing your shoulders. Pulsate your crown just one inch in direction of your levator ani. 30 times. Close your legs while you keep on pulsating.



10 Stretching galore!

Lie on your back with your legs stretched. Your knees are bent and your feet flat hip-wide on the mat in a V position. Pull your pubic bone, tailbone and sitting bones to your heels and the crown of your head in the opposite direction. Place your hands on your ribs, elbows pointing sideways, and rotate the muscles of your upper arms outward. Breathe in at your perineum; guide your breath through your body upwards and, while doing so, imagine pulling all muscles in towards your bones, just like a corset. Breathe out at the crown of your head. Let your body be lengthened and stretched while breathing in and stretched even further while breathing out. 10 times.

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Photos: Ueli Hubeli, Zurich

More CANTIENICA® Exercises on www.cantienica-method.com

History

HOW THE CANTIENICA® METHOD WAS DEVELOPED

Since her early childhood Benita Cantieni had suffered from scoliosis and Scheuermann's disease, both of which stayed untreated. By the age of 27, several of her joints were affected by severe arthrosis: the hip, the iliosacral joints, and even the jaw. A replacement of the hip joint finally seemed inevitable. But Benita felt she was too young to get "spare parts" into her body and decided to get cured through physical therapy.

She tried every method she could get hold of – Feldenkrais, Rolfing, Structural Integration, Alexander Technique, Physiotherapy, Yoga, etc. "With a good therapist, each of these methods helped a bit to soothe the pains I suffered from," says Benita, "but nothing really changed my body." In 1991, she read a book about Callanetics, a then popular workout system. "At the beginning the exercises felt really good. The precise positions and tiny movements seemed to help," she recalls. Together with a partner she bought a master franchise for Callanetics in Switzerland and went to Denver, CO for training. "Whether teaching whole groups or single persons, I realized that the method lacked something: it wasn't anatomically founded. There was no underlying structure that could be safely applied to everybody." So she went on searching. In 1993, she met Christian Larsen, M.D. and co-founder of Spiraldynamik International, an anatomy-based system to analyze and improve posture and movement. Larsen introduced her to the three-layered system of the pelvic floor, the core muscles for aligning the bones.

Since then Cantieni has been investigating how to correctly and precisely align the bones of the human body in a way that the deepest muscle layers can hold them in their (re-)acquired good position and structure. What's more, Cantieni developed an ingenious method to teach people, irrespective of their age and fitness level, this kind of radically new physical education. "Knowing the instruction manual for your body is the most important anti-aging tool," says Cantieni who, at the age of 65, has a perfectly straight spine and completely recovered joints. "I feel younger now than I did back in my twenties, I'm stronger today and much more flexible and, as a great side effect, my body feels and looks better than ever."

The core of the CANTIENICA® muscle work is the interconnected muscles at the base of the pelvis, arranged in three highly potent layers supporting the torso, taking all weight off the leg joints. From this pelvic powerhouse the spine extends to its full length, vertebrae perfectly aligned, letting the ribcage, shoulders, and head find and keep their anatomically correct positions. All training follows one rule: deepest muscles first, outer muscles last. In CANTIENICA® Exercises all movements happen three-dimensionally, which avoids injuries and guarantees ultimate strength – coming from slim, well-stretched muscles, not from bulky ones.

Apart from the many readers and viewers of her books, DVDs and CDs, Cantieni's work keeps attracting more and more therapists, orthopedists, chiropractors, fitness instructors, midwives, etc. Since 1998, approximately 2,000 trainees attended the CANTIENICA® Trainings in Switzerland, Germany, Austria and were certified to teach the method themselves. The training brings fast results: "You'll feel better after the first try," says Cantieni, "after the third hour you'll look better, and after ten hours your body will have transformed into a power engine."

The training can be adjusted to fulfill different needs: toning and shaping, strength and flexibility, curing posture (scoliosis, lordosis, kyphosis, herniated discs, etc.), curing incontinency, sunk organs, enlargement of the prostate, anatomically incorrect gait.

CANTIENICA® Body in Evolution

THE CERTIFIED TRAINING

Training to become a CANTIENICA® Trainer is an excellent way of becoming self-employed. The CANTIENICA® Method offers many freelancers a niche allowing them to hold their own in the highly competitive health market. Physiotherapists, midwives, singers, actors and doctors come to us for further training. For professionals from a large number of fields, the CANTIENICA® Method is an effective addition to their work.

Basic therapeutic or anatomical knowledge is not necessarily required for undergoing basic training to become a CANTIENICA® Instructor. We extend a hearty welcome to those switching from other professions. The principal requirements are impartiality and empathy as well as physical experience of your own with CANTIENICA® Body in Evolution. Your personal experience with CANTIENICA® Training usually leads to the decision to complete a training course, and the course concept is based on this self-experience.

The training has been coupled with a license since 1 June 2019. The license programme guarantees the sustainability of the training. This legal form gives you the guarantee that the time and money you put in is a good investment in the long run.

The license programme allows CANTIENICA Ltd to ensure the quality, and with it the future and the protection, of the CANTIENICA® Body in Evolution brand and the training institution. Clear contracts govern the rights and obligations of the partners involved.

Certified CANTIENICA® Training, Level 1 Bronze

PELVIC FLOOR TRAINING. POWER TRAINING. COACHING.

The basic training is open to therapists as well as persons switching from other professions. The diploma training starts with 3 months of self-study. The basics are developed with the help of two comprehensive manuals which include an intensive confrontation with your own body. The exercises must be internalised theoretically, physically, cognitively and emotionally.

Training is coupled to a license.

Who is the training suitable for?

The diploma training CANTIENICA® Body in Evolution Level 1 Bronze addresses the following groups:

- Persons focusing on health, prevention and physical fitness
- Participants with a therapeutic background – midwives, gynaecologists, physiotherapists, instructors of kinesiology, the Feldenkrais method, the Alexander technique, yoga, the Franklin method and similar physiotherapies such as Rolfing, Spiral Dynamics, etc.
- The training is also suitable for gifted persons switching from other professions. Those successfully offering their services include former florists, chemists, lawyers, archaeologists, singers, biologists and many others. Benita Cantieni switched from another profession herself.

Requirement: A license agreement with CANTIENICA Ltd.

What About Your Career?

CERTIFIED CANTIENICA® TRAINING, LEVEL 1 BASICS

The 5-day intensive course is the 2nd and most important part of the Certification Training. It enables you to start working with the CANTIENICA® Method right away. The method is strictly empirical assuming that each and every person and their bodies are unique. This will, above all, require a fair amount of practice and experience in order for your skills to grow.

The CANTIENICA® Training system: self-study, hands-on course, practice experience, follow-up.

Part 1: self-study prior to course attendance

Getting prepared: 8 weeks of self-study with training documentation (prior to course attendance)

The Level 1 Basics documentation consists of two manuals. The first one gives you a background on the CANTIENICA® Vivatomy; it provides a glossary, elaborates on the basics of "diaphragm-based" breathing and pelvic floor training, and contains precise and detailed instructions for 75 exercises depicted in more than 100 photographs.

The second manual instructs you on the unique CANTIENICA® Coaching which, together with the exercises, makes the method so extraordinarily successful. We strongly recommend using both manuals during your self-study phase. The better prepared you are, the more you will benefit from attending the on-site course.

Part 2: hands-on intensive course

Getting to know and applying the CANTIENICA® Vivatomy: 5 days' on-site course

- Alignment of the bones, based on the upright and straightened spine
- Use of the diaphragm as an intermediate floor in the body
- Pelvic floor
- Diaphragm
- Activating and using 100 % of the musculature, including diaphragm and autochthonous muscles

CANTIENICA® Exercises

Practicing of exercises; duration 3 days (requirement: 8 weeks of self-study with training documents beforehand)

- Breathing
- Discovering the levator ani (inner layer of pelvic floor)
- Perfect posture (legs, pelvis, chest, shoulders, head)
- Perfectly vertical alignment
- Basic positions, warm-up exercises
- Exercises for arms, chest, head, neck
- Exercises for abdomen, back, waist
- Exercises for hips, hip joints, buttocks shape and legs
- Exercises for lower back, pelvis and legs

Each CANTIENICA® Exercise involves the entire body: all bones, muscles, fasciae and ligaments. Aligning the bones exactly means the body is perfectly stretched in every position and every move.

CANTIENICA® Coaching

Duration: 2 days including repetition of all exercises done before

- How to coach a person into his or her individual perfect position
- The perfect coaching touch
- Coaching during exercises
- Demonstration
- Instruction
- Eye contact
- Instilling emotions as priming

Note: During these 5 days, you will do a lot of physical work. The training however, while being very intense, is absolutely safe and gentle and has no harmful side effects.

Part 3: gathering practice experience

Gathering practice experience: teach what you learned – with the knowledge acquired in part two you are ready to do so right away.

In assuming that every person is an individual and as such absolutely unique the CANTIENICA® Method is strictly empirical. A qualified self-evaluation system will support you in completing 60 hours of CANTIENICA® teaching practice in groups or with individuals.

Part 4: follow-up course

Deepening your knowledge and exchanging experiences: follow-up course based on the concrete needs of course attendants (raised by questionnaire)

12 hours (2 days); practical work on exercises, case studies.

You are required to practice teaching (groups, personal trainings, workshops) for 40 hours (60 minutes) and to prepare your lessons (an additional 20 hours). As a proof of practice, please document your lessons and preparation work in writing.

After successful conclusion of part four, you will receive your diploma as a teacher for CANTIENICA® Method Level 1 Basics.

There will be a hotline for course participants.

Trainer

Benita Cantieni, Zurich, Switzerland
Assistant to be determined

Travel & Accommodation

Trainees are responsible for their travel expenses and accommodation.

Additional Remarks

The course will take place with a minimum of 10 participants and a maximum of 14, thus enabling an intense personal coaching for every attendant. You will be provided with the training manuals after your valid registration and payment of the entire fee.

Testimonials

A DISCOVERY OF UNKNOWN MUSCLEGALEN CRANZ, BERKELEY/OAKLAND, CALIFORNIA



"Always felt that there was a way to straighten my spine, but had not yet found it and even the most sophisticated practitioners have kindly warned me and assumed there is no way to make such profound and major changes. I always knew – beyond reason – that there was a way, if only I could find it. Now I have! Not only will this give me the strength I need, but also the structural changes I long for. It will be perceived as miracle, but I now think it can be taught."

Janis Sharkey, Katonah, New York



"I initially felt we should be taking more time with each exercise to have time to understand and integrate it. I was surprised and delighted to learn that the instructor's results came to pass without needing more time. And yes, I recommend the CANTIENICA® instruction to friends and colleagues."

Theresa Nesbitt, Saint Charles, Illinois:



"It was excellent in every way. The pace was fantastic and kept me constantly stretched but not strained. The group dynamic was encouraging and attentive. This course is unparalleled in talking to the body through precise insightful exercises. It invites learning without plateau of 'getting it'."

Elaine Belle, San Francisco



"The understanding and knowledge Benita Cantieni has developed of the pelvic floor and it's important function in daily life as well as exercise has changed my life. Not only does it give more stability and pleasure it also helps me more be at ease and confident within my self.

The CANTIENICA® Training has helped me drop in to a level of knowing and understanding my physical structure that has opened gateways of possibilities for releasing and knowing emotional and spiritual realms I felt blocked in. Benita's work is a gift and full of such deep wisdom.

The way she teaches and shares this knowledge allows each individuals to find their own wisdom and understanding within themselves."

"I liked the pace and the flow of the course. I liked the way Benita could put everyone at ease. Yes, I recommend the training. I will do more."

Conor Hughes, Kildare, Ireland



"I first heard of CANTIENICA® Method in 2008. At the time I was going through a period of 2 to 3 years of chronic pain from playing competitive sports, and despite my best efforts I couldn't find the underlying issue as to why I was constantly getting injured.

A friend told me of CANTIENICA® Method and I travelled to Switzerland to meet with Benita Cantieni. I spent 3 days in her studio taking classes and learning the CANTIENICA® Method. As soon as I started my body felt different. My muscles began to relax. I felt taller, lighter, and

free in my movement. Pain and tightness around my hip and pelvic regions disappeared. This is where I was having the majority of my pain, but it went away as I continued to practice the CANTIENICA® Method.

I wanted to learn everything about this system but unfortunately there were no English courses. So I continued to use what I learned in Switzerland until finally in 2014 CANTIENICA® Method was taught in English. I jumped at the opportunity to learn the method!

The certification was held in Berkeley, California, for 5 days. I live in Ireland so it was a long journey to get there but I didn't mind one bit. I was very excited to learn everything I could. Each part of the certification was insightful, however what I enjoyed most was the choreographies that we performed each day. Benita would instruct us through very precise movements that worked my body from the inside out.

The movements looked simple, yet I found them very challenging. CANTIENICA® Method helps awaken the parts of your body that you've forgotten how to use. Everything gets realigned, and muscles and bones are free to do the work they are designed to do.

The feeling that you get after a CANTIENICA® choreography is just amazing. Simple movements such as walking become a joy, because when your body is free to move optimally it's like giving yourself an internal massage!

I am currently practicing CANTIENICA® on a daily basis and going through the training manuals that I received at the certification. The exercises are very detailed, and they require my full attention. But as I practice and explore I feel myself improving and developing.

I've also started to teach this method to others. They feel the same way after one of our sessions. It's a delight to be able to help someone rediscover pain free and enjoyable movement.

I want to thank Benita and everyone who has helped develop CANTIENICA® for giving me the chance to learn this wonderful method. I see myself practicing it for the rest of my life, and I aim to become an excellent instructor.

If you are curious about the method I encourage you to give it a try. Visit a class or perhaps a personal training session. If you can dedicate the time, I would highly recommend the certification."

More testimonials, feedbacks and stories see www.antienica-method.com

How to Become a CANTIENICA® Instructor?



Every book written by Benita Cantieni describes the method in a detailed way. You might want to start reading one of them and see whether its contents will catch on with you.



Then try out the exercises described there, in a simple learning-by-doing matter. Your body will tell you whether it appreciates what you are doing. Practise, watch what is happening, let yourself be amazed by it, and keep on practising!



You might also want to treat yourself to a private lesson by a qualified CANTIENICA® Instructor. Afterwards, ask yourself whether this is a job you would love to do yourself.

All qualified instructors on www.cantienica-method.com/providers



You may also ask your own CANTIENICA® Instructor on her or his own experiences with the method, courses and training modules, your chances to make a living out of it, how much you can earn, etc.



After having registered for the instructor course, you will start self-studying the method based on our documentation. The objective is for you to gain a thorough understanding of the CANTIENICA® Method and its “vivatomic” principles. Try to translate into action what you read; practise the exercises until you feel they have sunk in. You should prepare for the on-site course for at least six weeks (assuming you practise about one hour daily).



Please work yourself through the documentation thoroughly and diligently and allow exercises to sink in completely. The better you prepare, the more you will benefit from the on-site training later on.

Note down any questions you have and bring them along to the on-site course. They will help you to gain more confidence in what you're doing and to be confirmed or corrected in how you are doing it.

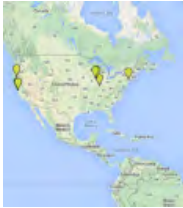
After on-site instruction, you will be instructing yourself. Practise with your family and friends; introduce others to the CANTIENICA® Method, invite them to make acquaintance. Gather experiences wherever possible.

During the follow-up course, you will be given the chance to deepen your knowledge acquired so far. If you fulfil all requirements you will receive your CANTIENICA® Instructor certificate.



After completion of your first training module, feel free to continue with Level 2 Silver and Level 3 Gold.

You may start your career as a CANTIENICA® Instructor. Any questions? Feel free to contact us!



As a member of the CANTIENICA® licensing system, you commit to regularly updating your knowledge. You will be listed with our Qualified Instructors and benefit from attractive discounts. Interested parties will find your name through our list of providers and can contact you directly.

SOUNDS INTERESTING TO YOU?

Detailed information on www.cantienica-method.com/certificate

Or just call us or send us a message, we will be happy to assist.

Phone +41 44 388 72 72, E-Mail office@cantienica.com

Standards

QUALITY. TRANSPARENCY. COMPARABILITY.



The quality of the training fulfills all criteria (including the wages paid for senior teachers and assistants) of the internationally accepted third party certification EDUQUA and thus is internationally acclaimed and certified since 2006.

EDUQUA - the Label

Through eduQua, the first Swiss quality label geared towards adult continuing education was established. eduQua provides certified institutions with a considerable advantage in the eyes of their clients. Not only does it come with a positive image, but the quality management also sees a strong improvement through the certification's execution. www.eduqua.ch

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