

CANTIENICA® – Method for Body Shape & Posture

Goals of the Diploma Programs

The CANTIENICA® -Diploma Programs are preventive health care for the entire musculoskeletal system through specific training aiming to improve posture, the muscle apparatus, and mobility. By completing the diploma programs, consolidated knowledge, competence and understanding of the anatomic principles and exercises of the CANTIENICA® – Method is acquired. Furthermore, self-awareness and self-perception of the optimal posture for the skeleton are trained and freedom from pain and physical impairments is achieved.

CANTIENICA®-Diploma Program prevents and abates or self-heals afflictions of old age and deformations of all kinds such as:

- Arthrosis of joints
- Abrasion of bones
- Osteoporosis
- Deformation of the spinal column (hump-back, hollow-back or lordosis, pelvic obliquity, acampsia of the sacral bones/joints, slipped disk/herniated disk)
- Tensions in hips, shoulders, back of neck, headache
- Shortenings of ligaments and tendons
- Muscle atrophy
- Decreasing sensorimotor function
- Urinary, -and rectal incontinence
- Various prolepses, prostatomegaly
- The method improves the condition of the locomotive apparatus through increasing and preserving muscles, power and dynamics
- Improves mobility
- Refines the sensorimotor ability, augmenting sexual sensibility
- Stimulates the neural network in the whole body
- Awakes joy to move and an enjoyment for life

Structure and themes of the Diploma Programs

The CANTIENICA® – Method for Body Shape & Posture is adaptable to the needs of the ones who offer the method as well as to those who want to benefit from it. CANTIENICA® – Method for Body Shape & Posture consists of 6 units. Except of CANTIENICA® – Coaching, every unit is a self-contained, functional system and therefore immediately applicable. All CANTIENICA® -Programs and exercises are subject to safety and efficiency controls.

CANTIENICA®-Pelvic Floor Training

This intensive training is aimed at people already engaged in the health industry, such as therapists, therapeutic employed persons, midwives and gynaecologists.

It is, next to CANTIENICA®- The Power Program, basis for all continuative modules and convenient for career changers. Ideal for people who want to engage in treating relaxation of the pelvis muscles such as urinary- and rectal incontinence, prolepses of organs and diseases of the axial skeleton.

(The course transmits anatomy in a logical way, also understandable by laymen, and points to the cross-linking of the whole muscles apparatus, especially of the back, pelvis and abdomen. For save, certain and fast strengthening of the pelvic floor muscles and for reintegration in daily life.)

CANTIENICA®-The Power Program

For Fitness instructors, who want to offer intelligent training. Posture, power and mobility for health, beauty und charisma. It is a preventive program for abrasions of all kinds and for keeping the locomotive apparatus flexible and young. It is, next to CANTIENICA®-Pelvic Floor Training, basis for all continuative modules and convenient for career changers. *(The course transmits anatomy*

in a logical way, also understandable by laymen, and points to the cross-linking of the whole muscles apparatus.

Specific exercises using the pelvic floor as the core stability not only strengthen the deepest layers of muscles, but also the whole muscle apparatus. Exercises start from a precise body position and are performed in small, three-dimensional movements. For people who first of all want to work preventively with healthy people, with minor complaints)

CANTIENICA®-The Coaching

This element is requirement for the continuative elements of the CANTIENICA® – Method like CANTIENICA®-The Back Program and CANTIENICA®-go!. CANTIENICA®-The Coaching also is a condition for the Gold and Silver status of the CANTIENICA®-Quality club and for opening a certificated CANTIENICA®-Studio. The accent lies on experience: CANTIENICA®-The Coaching is a know-how transmission for all senses.

Composing perfect lessons and learning to demonstrate, instruct, motivate, touch, and coach in order to enable every participant to reach his/her individual goal.

CANTIENICA®-The Back Program

Contains the instruction manual for how to treat your back. 90% of the complaints concerning the back are due to malposition and a wrong use of the spine. Here you get the instruction for self-healing and for helping others.

This element is advanced and requires CANTIENICA®-The Power Program (PP) or CANTIENICA®-Pelvic Floor Training (BB) and CANTIENICA®-The Coaching (CC).

CANTIENICA®-Faceforming

The natural face lifting and regeneration through cross-linking of all cranial and mimic muscles. Erects the cranium perfectly on the cervical spine. For a relaxed, natural and beautiful face. Remedy for grinding of teeth, tension headache, tinnitus and more.

This element is advanced and requires CANTIENICA®-The Power Program (PP) or CANTIENICA®-Pelvic Floor Training (BB) and CANTIENICA®-The Coaching (CC).

CANTIENICA®-go!

Improves the locomotion in the structural plan of the human body. Easy and gentle to the joints, for the health of the musculoskeletal system. This element is advanced and requires CANTIENICA®-The Power Program (PP) or CANTIENICA®-Pelvic Floor Training (BB) and CANTIENICA®-The Coaching (CC).

For further information please contact

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