

CANTIENICA® – Method for Body Shape & Posture

Good Posture is feasible.

The CANTIENICA® – Method for Body Shape & Posture is an anatomically substantiated posture- and movement concept. Benita Cantieni named her method „logical anatomy, anatomical logic”: the skeleton is stretched and aligned in the way the individual structural plan is supposed to be. Due to this basic adjustment, 100 % of the muscles, chords, ligaments, fascias, are in basis tonus and in a vital tension. Because of the correct posture of the skeleton, strength, flexibility and stamina are trained from the deepest muscle layers to the surface muscles. The CANTIENICA® – Method also has an aesthetic impact: The muscles forming the pelvic floor (Levator Ani) activate the muscles in the back, the abdomen, the buttocks and the legs and therefore improves shape and posture extremely fast and effectively. Practicing CANTIENICA® – Method for Body Shape & Posture results in achieving a good and healthy constitution and leads charisma and self-esteem – independently of age, size or weight.

The anatomical precision

The fundament of the erected and healthy spine is the pelvis. In the CANTIENICA® – Method for Body Shape & Posture the pelvis is perfectly aligned, straightened, mobilised and the grip of the muscles on the pelvis and the pelvic floor is improved. The pelvic floor is shaped by a group of muscles named Levator Ani. It is attached like a trampoline between the hip joints, tailbone and the pubic bone. A well-trained pelvic floor is the most important crossbar in the human multi-story building. It is comparable to a structural in-between-level. From this base, the spine is erected through the help of the autochthonous muscles. These are approximately 200 small muscles, which hold and protect the spine like a sheath and connect to every single muscle around the spine.

Every single CANTIENICA® exercise trains the whole body from tip to toe. Perfect posture and physical harmony are achieved through three-dimensional movements, physiological exercises in the truest sense of the word, no matter if it is focused on power for the back, relaxed shoulders, well-formed arms or a flat belly. This anatomical precision is the reason why CANTIENICA® – Method for Body Shape & Posture is taught and offered by therapists and people engaged in the fitness/health industry (various health professionals, personal trainers, Yoga instructors).

The Team Body and Mind

Benita Cantieni and other eminently respected scientists described the psychological, neurobiological, and anatomical interactions of attitude and wellbeing in the book *embodiment* (publishing < UbgHuber, Bern). One can conclude that in the same way the state of mind influences the posture, the state of mind is influenced by the posture. The posture and the muscle activity stimulate the hormone production - good posture brings happiness and a stretched, lengthened, and active muscle apparatus keeps the nerves conducting.

How CANTIENICA® -Method for Body Shape & Posture was developed

Benita Cantieni, aged *§ is the founder of CANTIENICA® – Method for Body Shape & Posture. Being diagnosed with a severe Scoliosis, Scheuermann's disease, arthrosis in her hip joint and a fracture of the sacrum, she already had to undergo regular therapy in her youth. She was excluded from sports and in addition, she 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 five cm and her tortured body changed its shape tremendously. Cantieni began to successfully teach men and women. A former journalist and author Benita Cantieni

published her story that became bestseller in Germany, Switzerland and Austria, and she finally founded her anatomy-based exercise program CANTIENICA® – Method for Body Shape & Posture.

To this day, she published 1(books and three videos in German. CANTIENICA® – Method for Body Shape & Posture consists of 6 units.

CANTIENICA®-Pelvic Floor Training

CANTIENICA®-The Power Program

CANTIENICA®-The Coaching

CANTIENICA®-The Back Program

CANTIENICA®-Face Forming

CANTIENICA®-go!