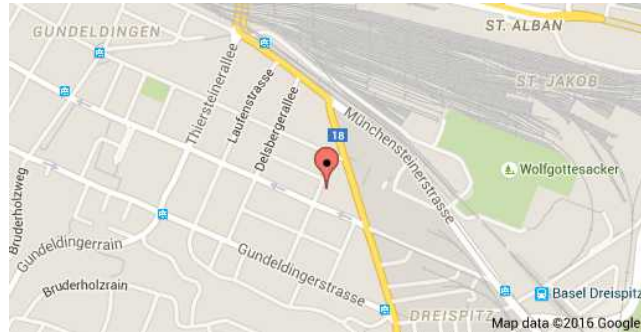


**New since March 2016 in Gundeli, Basel**  
**CANTIENICA®-Beckenbodentraining**

Tanzstudio You Dance  
Falkensteinerstrasse 17  
4053 Basel



Private classes on request:  
Monday, Tuesday, Wednesday, Friday, Saturday mornings or Friday and Saturday afternoons  
For musicians an integration of the instrument is possible.  
Fr 110.-/60'

**New regular group lesson in english planned starting March 20<sup>th</sup>:**  
**Monday, 09.30-10.30**  
**Fr 300.-/10 class package**

Beginners special introductory package:  
1 private introductory class 60'  
2 group classes 60'  
Fr 150.-/package

for more information and sign up 0041 79 252 80 55  
or [sekretariat@nicolewehrli.ch](mailto:sekretariat@nicolewehrli.ch)  
[www.nicolewehrli.ch](http://www.nicolewehrli.ch)

Cantienica -Beckenbodentraining im Gundeli



*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 correct gait*

## The Method

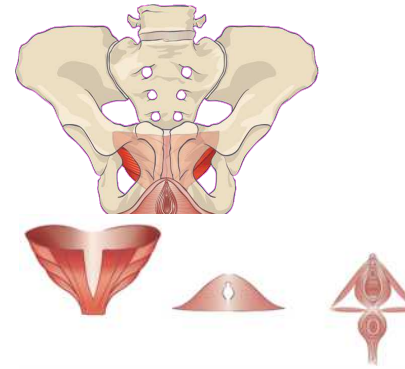
Since her early childhood Benita Cantieni suffered from scoliosis and Scheuermann's disease, both of which stayed untreated. By the age of 27 several joints were affected by severe arthrosis - the hip, the iliosacral joints, and even the jaw. A replacement of the hip joint finally seemed inevitable. But Benita felt she was too young to get "spare parts" into her body and decided to cure her illnesses 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 recounts. Together with a partner she bought a master franchise for Callanetics in Switzerland and went to Denver 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.

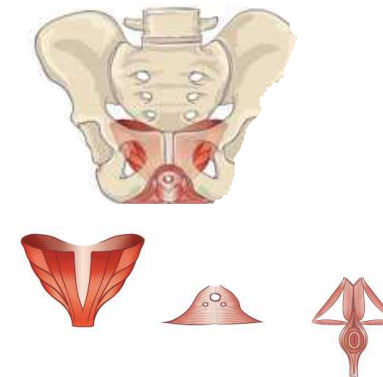
Since then Cantieni has been investigating how to correctly and precisely align the bones of the human body in a way that the deepest muscle layers can hold them in their (re-)acquired good position and structure. What's more, Cantieni developed an ingenious method to teach people, irrespective of their 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“, say Cantieni who, at the age of 63, 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“, says Cantieni, „and, as a great side effect, my body feels and looks better than ever.“

The core of the CANTIENICA® muscle work are 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, and lets ribcage, shoulders, and head find and keep their anatomically correct position. All training obeys the 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.

### Female pelvis



### Masculin pelvis



### CANTIENICA®-Quality-Club

The members of the CANTIENICA®-Quality-Club attend extended vocationals. They act with the current scientific knowledge of Benita Cantieni's research and therefore are listed as official hosts under „Anbieter“ on [www.cantienica.com](http://www.cantienica.com).

The CANTIENICA corporation is an eduQua-certified center for training and continuing vocational training.

### CANTIENICA®-Online-Shop

You may find training cds, books and other articles of the CANTIENICA®-Method.