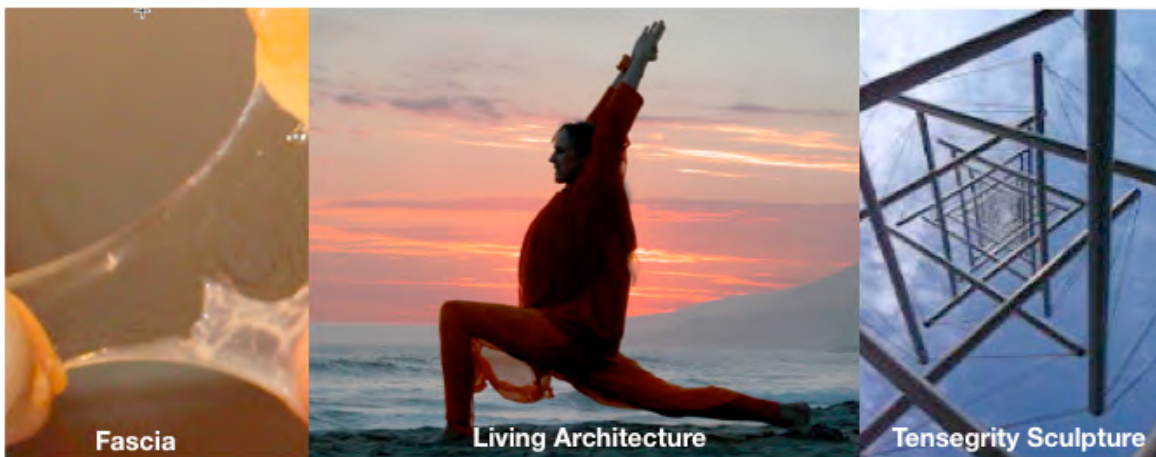

Fascia and Applied Tensegrity

A Framework for Practicing Structurally Sound and Integrative Asana

Carrie Gaynor • Atlantic Yoga Conference • Halifax, Nova Scotia • April 17-19 , 2009



What do tension, compression, mobility, stability and beauty have in common? Answer: Tensegrity!

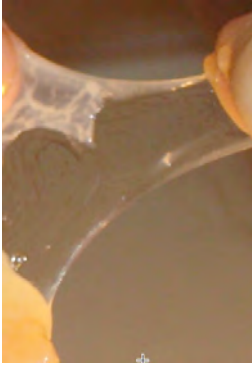
Moving beyond the limitations of single muscle theory we'll explore the exciting real life continuum of our myofascial system. Born of artistic and architectural foundations, tensegrity provides a framework for practicing structurally sound and integrative asana. Combined lecture and asana practice.

Fascia and our Fascial Fabric

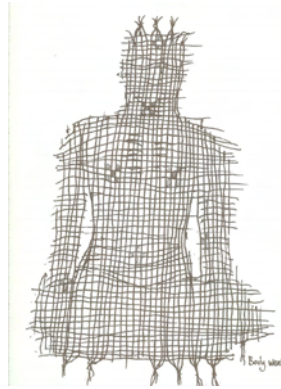
Fascia is the fascinating biological fabric and glue that holds us together. Long cast aside like the packing peanuts in a gift box, the fascial system is now getting its rightful recognition from manual / movement practitioners and researchers alike.

Here you can see the slippery, sliding, connecting and ever adapting, intelligent fascial fabric. If you vary the consistency, say add more fiber, you have inter-muscular septum's, tendons and ligaments. Add more liquid and you have a slippery sliding medium that allows movement.

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Fascia is made of ground substance and fiber. Fascia is seen here in its slippery, sliding, connecting and adaptable form.



Body Weave by Victor van Kooten. Yoga From the Inside Out - Book I. Connections run through out our bodies illustrating the interdependent nature of our myofascial weave.

Tensegrity is a model for understanding the geometry of the body, that leads to many new insights in terms of body connectivity, and the relation between stability and movement.



Yoga Students in Tree Pose – Vrksasana
Used with kind permission by photographer Aric Keyes

Art and Architecture



Kenneth Snelson



My art is concerned with nature in its primary aspect, the patterns of physical forces in three dimensional space.



Buckminster Fuller



Tension + Integrity = Tensegrity: Continuous tension members and discontinuous compression members operating in maximum efficiency.

