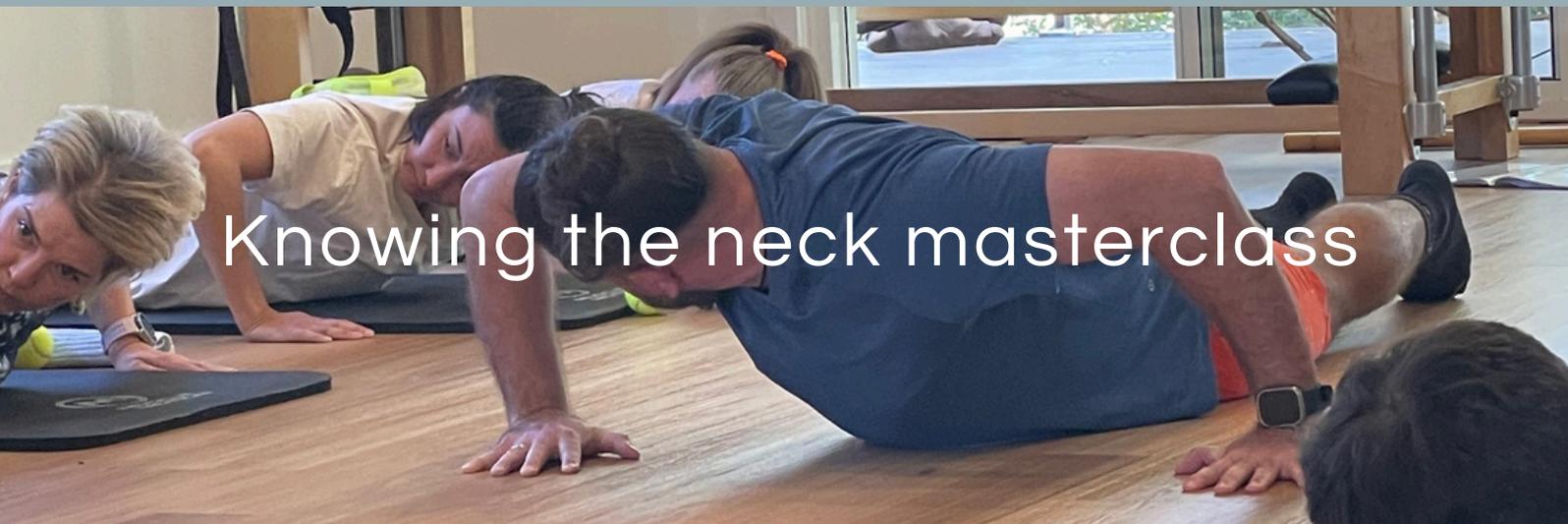


# BENJAMIN RASHLEIGH



## Knowing the neck masterclass

### KNOWING THE NECK MASTERCLASS

**Masterclass Presenter:**  
Benjamin Rashleigh

**Date and Time:**  
Saturday 25th of July 2026  
Time: 9am

**Location:**  
Movementor Pilates  
The Movement Room Pilates  
2-4 Arthur St,  
Point Arkwright, QLD  
4573

**Duration:**  
1.5 hours

**Presentation style:**  
Mainly practical exercises with  
some anatomy problem solving

## Brief

The Knowing the Neck Masterclass is a companion session to the Knowing the Neck workshop, designed to explore cervical articulation techniques within a group class setting. This masterclass focuses on exercises that enhance neck mobility and strength, while also examining how neck and eye positioning can influence overall body alignment and muscular recruitment during movement.

## Content

- Teaching and cueing segmental cervical articulation in a group class format
- Targeted exercises to improve neck mobility and build cervical strength
- Exploration of how cervical movement and proprioception impact whole-body coordination, recruitment, and spatial orientation during exercise

## Outcome

Participants will gain a deeper understanding of cervical mechanics and how to effectively integrate neck-focused techniques into group classes and their own practice. They'll leave with practical tools to enhance neck mobility and strength, while influencing more efficient body movement and recruitment patterns in their teaching and practice.