

BENJAMIN RASHLEIGH



Knowing the neck

KNOWING THE NECK

Workshop Presenter:
Benjamin Rashleigh

Date and Time:
Saturday 25th of July 2026
Time: 11 - 3:45 pm

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

Duration:
4 hours + Lunch break

Presentation style:
Combination of lecture and
practical

Brief

Knowing the Neck is a practical, evidence-informed workshop designed to deepen understanding of cervical spine function and its influence on whole-body organisation, recruitment, and movement quality.

This workshop moves beyond isolated neck mechanics to explore how cervical positioning, articulation, and proprioception shape global movement strategies. Participants will examine cervical anatomy and segmental motion, then apply this knowledge to targeted mobility and strength work for the neck. From there, the focus expands to how cervical input affects postural orientation, movement efficiency, and recruitment patterns through the body's integrated systems.

The aim is simple but powerful: to give practitioners clearer frameworks and practical tools to assess, cue, and train cervical movement in a way that meaningfully improves whole-body performance, not just neck mobility in isolation.

Outcome

Participants will leave with a clearer understanding of cervical movement mechanics and the confidence to apply targeted exercises and strategies that improve neck mobility, strength, proprioceptive input, and whole-body recruitment in practice.