



The Many Aspects of Ribs

Three-Day Workshop with Tessy Brungardt

London: 29th June – 1 July 2018



Tessy is an Advanced Rolfing® Instructor.

She received her BA in environmental Biology in 1976. Once introduced to Rolfing® SI in 1979, she was inspired to take her exploration into the human realm. She became an Advanced Rolfing Instructor in 2002 and maintains a practice in Baltimore, Maryland USA.

WORKSHOP SYNOPSIS

The ribs are a protective and organizing aspect of the thorax. With several joints of their own to the spine and the sternum, and with the attachment of many other structures to them, including viscera, pelvis, spine and shoulder girdle, they are part of a complex system that can be difficult to understand and work with effectively. Because of their central importance, and their direct relationship to the breath, disorganization of the ribs can cause deep and system wide difficulties. They can also be profoundly affected by habitual patterns and trauma.

In this class we will discuss the anatomy and functional aspects of the ribs and their relationships to neighbouring structures. We will explore how rib disorganization affects these structures and how these structures affect the ribs. We will study the implications of breathing fixations and trauma on rib organization. And, we will learn specific palpation and manipulation techniques for resolving these issues to bring the whole system to higher function and ease.

This class will include lectures, demonstrations, practicum's, and exchange of sessions.



ROLFING WORKSHOP UK: INFORMATION AND REGISTRATION FORM

DATES:

Friday 29 June – Sunday 1 July 2018

09.30 am – 6.00 pm

3 Intermediate Manipulation Credits (Valid for Advanced Training)

£410 / £360 Early-bird (NB: For early-bird payment in full required by **20th April 2018**)

LOCATION

Kailash Centre

7 Newcourt Road

London NW8 7AA (Nearest tube: St John's Wood)

CONTACT

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THE MANY ASPECTS OF RIBS WITH TESSY BRUNGARDT

FOR REGISTRATION PLEASE COMPLETE FORM WITH DEPOSIT

Name: _____

Address: _____

Phone: _____

Email: _____

Date: _____

£200 Deposit

_____ £410 Full price (Balance required by 14th June)

_____ £360 **Early Bird: to qualify for early bird full payment required by 20th April 2018**

Please fill in the form and email to angie@angiewebber.com

Payment: Account name: **ROLFING UK**
Sort Code: **560005**
Account No: **30417945**

If outside UK: IBAN: **GB41NWBK56000530417945**
BIC: **NWBKGB2L**

Cancellation fees:, Up to two weeks before start 50% of the full tuition. Cancellation less than two weeks before start or no-show: 100% of the full tuition. However these fees would be waived if your place can be filled