

Container and Content in the Context of Rolfing® Part 2

Workshop with Konrad Obermeier

18/19/20 January 2019 in Zürich, Switzerland

In this workshops we will:

- Deepen our understanding of the organization of visceral anatomy and its embryological development.
- Review the most central techniques presented in the first part and refine our approach.
- Introduce the basis for 'general listening' and refine our assessment through 'local listening' to enhance our diagnostic, palpatory and treating potential.
- Look again at breathing as the central muscular activity generating visceral mobility and influencing structural deviations.
- Clarify the relationship between intra-peritoneal and retro-peritoneal structures.
- Discuss the function of the Iliacus & Psoas and their relationship to the space of the kidneys.
- Review our assessment of sphincters.
- Introduce additional techniques for mobilizing intra-abdominal and intra-thoracic structures and apply these techniques to different visceral structures.

Location: Yoga-Limmat, Hardturmstrasse 124, 8005 Zürich

working hours:

Friday, 18th Jan.: 9 am - 6 pm

Saturday, 19th : 9 am - 6 pm

Sunday 20th , 9 am – 5 pm

Price: CHF 630,00

CHF 580,00 early price paid before 1st of December 2018

ERA-Credits: 3 intermediate (manipulation) credits

For further information & registration please contact:

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