



The Spine and How it Works

Three-Day Workshop with Tessy Brungardt

London: Saturday 17th - Monday 19th August 2019



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 spine is a complex system that provides an organizing force throughout the whole system of the body. It is affected by the many layers in the back, the viscera and the girdles. It exhibits large, system-wide patterns, as well as small, specific fixations and limitations. All levels of the spine need to function for someone to be more integrated.

In this class we will explore the large patterns and how to address them as well as the mechanics of the specific joints with techniques to ease limiting fixations. We will also discuss how the large patterns and small fixations affect each other.

Understanding how the spine works and how to work with it will increase the effectiveness of your back work and help you solve problems more quickly.

This class will include lectures, demonstrations, practicums, and exchange of sessions.



ROLFING® WORKSHOP UK: INFORMATION AND REGISTRATION FORM

DATES:

Saturday 17 August – Monday 19 August 2019

09.30 am – 6.00 pm

3 Intermediate Manipulation Credits (Valid for Advanced Training)

£410 / £360 Early-bird (NB: For early-bird discount, payment is required in full by **18th May 2019**)

LOCATION

Kailash Centre

7 Newcourt Street

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

CONTACT

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“THE SPINE AND HOW IT WORKS” WITH TESSY BRUNGARDT

FOR REGISTRATION PLEASE COMPLETE FORM WITH DEPOSIT

Name: _____

Address: _____

Phone: _____

Email: _____

Date: _____

£200 Deposit

_____ £410 Full price (Balance required by 10th August 2019)

_____ £360 **Early Bird: to qualify for early bird full payment required by 18th May 2019**

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