



## **The Polyvagal Theory: Implications and Applications for Rolfing® Structural Integration**

**4-day-workshop for Advanced Rolfers™**

**Instructor: Pedro Prado  
November, Fri. 22 – Mon. 25, 2019, Munich**

The essential biological imperative of self-preservation, as well as our individual psychobiological adaptations to internal and external reality, influences our views of the world -- and, therefore, our behaviour. As structural integrators, we know that much of these fundamentally neurological phenomena is anchored in the flesh and can be approached through the body.

The Polyvagal Theory, an approach to the autonomic nervous system (ANS) developed by of Dr. Stephen Porges, posits two distinct branches of the vagus (10<sup>th</sup> Cranial) nerve that modulate not only the balance between sympathetic and parasympathetic function, but also have profound consequences for human bonding. It is a bridge to enhance our understanding of how ANS function manifests at the somatic level, and how physiology and fascia reflect ANS patterns.

In this 4-day post-advanced workshop, we will explore the insights and potential applications of the Polyvagal Theory in the practice of structural integration. We will ground our theoretical understanding of the Polyvagal Theory and observe its practical implications through somatic explorations and exchange of sessions.

The workshop is taught by:



**Pedro Prado, PhD**, of Sao Paulo, Brazil, has been instructing Rolfing® SI for over 25 years. He is a member of the Advanced and Movement Faculties of the Dr. Ida Rolf Institute®, as well as an Advanced Somatic Experiencing (SE) Instructor for the Somatic Experiencing Trauma Institute. He is a clinical psychologist and a former professor of Somatic Psychology.