**Scar Tissue Workshop**

3,5-day-workshop for Rolfer™

Instructor: Andrea Clusen

August, Thu. 27 – Sun. 30, 2020, Munich

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**Overview**

This workshop is based on Sharon Wheeler’s original discovery - Integrating Scar Tissue – which she is continually developing and expanding on. There are more than 19 separate techniques used to integrate different qualities of scar tissue into the fascial web. We will be demonstrating most of these in this class. Both simple to learn and easy to use, practitioners will be able to apply their learning in their private practice with immediate effect.

Scar work can fit seamlessly into an SI series or can be used as a stand-alone intervention session.

**In-depth:**

Scars leave marks on the body that remain with us for the rest of our lives, they are a constant reminder of accidents, surgery and life events. Every scar tells its own story and some scars limit motion, movement and expression.

Working with scars is like speaking a different language in the world of connective tissue. Scar tissue is very dense fascia with unique properties. Scar tissue work generally requires a casual, light touch.

Scar work is rarely painful - even for recent scars, and the amount of change from one intervention is extensive. The cosmetic effect can be remarkable and the functional changes profound.

**Natural and surgical scars of any age respond immediately followed by a short period of rapid healing and continued improvement. The improvements are permanent.**

Scar tissue quality changes quickly and easily. Lumps, gaps, ridges, holes, bumps, knots, and strings in the tissue rapidly smooth out into a three dimensional fascial web. The work starts with the surface layers and goes into the far reaches of the scar including work with any viscera involved. Scar work often results in large whole body integration shifts, and with trauma resolution and nerve-impaired numbness usually resolved within a session.

The Scar Tissue Workshop is taught by:

**Andrea Clusen** is a cert. Advanced Rolfer™, she has been in practice since 2004 and is training as a Rolfing ® teacher. Andrea is one of the few Scar Work instructors accredited by Sharon Wheeler. Her other skills include handcrafts and energetic bodywork approaches working hands on and off body. Working with and entrusting the wisdom of hands is one of the central threads in Andrea’s life.