

Culture of the Core - Visceral Manipulation

with Alyssa Dodson

Based on the work of Liz Gaggini, M. A.

2021 June 17 to 26 (21+22 days off)

8 - Day workshop

Germany, Lake Constance

This course is designed for the Structural Integration practitioner interested in learning a visceral approach that supports and enhances their structural work. One of our goals of Structural Integration is to affect the client's alignment, balance and kinetic behavior. Sometimes, just organizing the myofascial components does not aid in the sustaining support and full embodiment we hope to impart to our clients. In these cases, a fascial visceral restriction may be the cause and/or a part of the problem of misalignment and imbalance of kinetic dysfunction. If so, we need to be able to assess for a visceral component, and if found, address it.

Organs

This course will cover the fascial anatomy of the following organs along with each organ's relationship to surrounding organs and the myofascial and bony structures.

- Large Intestines
- Small Intestines
- Stomach and Liver
- Lungs and Bronchi
- Pericardium
- Bladder, Ureters, and Kidneys
- Uterus and Prostate

Focus

The unique fascial relationships of the organs to one another and their different textures, densities, functions, sizes and shapes, begin to define what we call the “culture of the core”.

During this course, students will learn:

- How to adapt touch and listening skills to better support the visceral fascia.
- How to differentiate one organ from the other and surrounding tissues.
- How to develop kinesthetic abilities to perceive the different textures and densities of the fascial system.
- How to integrate any work done within the core into the myofascia.

Learning Method

The class will include lectures with discussions of the fascial anatomy and function of the organs. Visual, movement and palpatory assessment skills will be emphasized and practiced. Each organ technique will be demonstrated by the instructor and then practiced by students.

Each day will contain:

- Lecture and discussion of anatomy.
- Assessments; visual, movement and palpatory.
- Discussion of integrative techniques
- Demonstration.
- Exchanges.
- Discussion and questions.

Skills Taught

By the end of the course, practitioners will have the skills to continue to teach themselves about the culture of the core, and incorporate visceral work into both their series work and post series sessions.

These skills include:

- A respectful, discriminating, “non bossy” touch.
- An ability to observe and experience the motility of each organ.
- Visual, movement and palpatory assessment skills for each organ.
- Working with an “indirect” approach to resolve restrictions in the visceral fascia.
- The ability to encourage harmony within the core while maintaining discrimination between each organ system.
- Knowing what clues to look for when a structural problem could actually be a restriction within the visceral fascia.
- Strategies to include visceral work within the goals of the series, or post series sessions.

Class Details

- Class meets each day from 10:00 - 18:00
- IASI Type II Credits - 48
- ERA credits: 3 elective

Requirement:

Participants need to have a minimum of about 2-3 years of hands on experience in structural integration.



About the instructor:

Alyssa Dodson completed her training 2002 at the Guild for Structural Integration with Emmet Hutchins and Peter Melchior. Since then she has a private practice in New York City. 2005 she began studying with Liz Gaggini and became her teaching assistant from 2007 -2016. Alyssa offers courses based on the approach developed by Liz Gaggini. Alyssa is a BCSI practitioner and a certified teacher by IASI.

Workshop Organisation: Andrea Clusen
Mühlesch 13
D 88085 Langenargen info@rolfing-am-bodensee.de

Registration:

Seats in order of registration and deposit

I sign in for the following workshop

Culture of the Core - Visceral Manipulation

Instructor: Alyssa Dodson

Date: **June 17 to 26** (21+22 days off)

Fee: **1440 €** incl. VAT

Venue: **Mühlesch 13, D 88085 Langenargen, „ArtGerecht“**

Name: _____

Address: _____

Date of graduation, SI institute _____

Email: _____ Phone: _____

I submitted the fee

(before you submit money please make sure that there are still seats available!)

- completely** **as down payment**

deposit 400 €

remaining fee until April 17, 2021

to the following bank account:

GLS Gemeinschaftsbank eG, Bochum

IBAN: DE44 4306 0967 7032 3198 00

SWIFT:GENODEM1GLS

Workshop conditions :

*This is a **binding registration** for the above workshop. **Please use this registration form and return it to Andrea Clusen, via e-mail or mail, please use the address above. In-payment no later than 8 week to the first day of the workshop.***

Only with the registration and the payment of the workshop fee your seat in this workshop is booked. In case we have to cancel this class all payments are refunded. If you cancel your registration, up to 8 weeks prior to the class a cancellation fee of 50 € will be charged. In case of a cancellation after this date the full tuition is due. Any cancellation can only be accepted in written form. For legal reasons we cannot accept cancellations by e-mail.

***I am aware**, that if I arrive late or leave early, I do not have any entitlement of refunds. A cancellation insurance is recommended.*

***I take note**, that the instructor is neither medical doctor, „Heilpraktiker“ or psychotherapist. I am sane and physically capable to follow the workshops. I take full responsibility for my behavior and actions. All participants are responsible for their personal physical and psycho-physiological processes that might be arising during or after class. Educational classes do not replace therapy. It is your obligation to inform us about any relevant psychological or medical condition prior to class. Liability of organizer is due to intent or gross negligence.*

I agree to the workshop conditions

Date and city, Signature