

The Biomechanics of Adaptable Alignment

Module 1

03 - 06 June 2021

Including a Zoom meeting prior to the course on May 20th

Instructor:

Alyssa Dodson

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Organizational Host:

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Credits: 28 IASI Category 1

Pre-requisite: At least 3 years of private practice experience

Course fee: 750.- Euro

Please visit www.ease-body.nl for more detailed registration fee information

Course Description:

Natural Alignment and Pelvic Biomechanics

This 4-day module is the first of four modules that define, differentiate, and explore the integral relationship between, Natural Alignment and the biomechanics of Adaptable Alignment as developed by Rolfer™ Liz Gaggini. Natural Alignment is the individual structural blueprint with which we are born. Adaptable Alignment describes the body's ability to orient, balance, and function efficiently in gravity.

In order to achieve one's optimal Adaptable Alignment, asymmetries and compensatory patterns must be addressed in the context of one's Natural Alignment.

Module 1:

Natural Alignment and Pelvic Girdle Biomechanics covers:

Natural Alignment: Assess different skeletal types and study the unique Natural Alignment that each structure requires to function with both balance and ease. Assessments based on tissue density and length, movement patterns and skeletal shapes are demonstrated. Learn how to determine the Natural Alignment of structures regardless of their misalignments or asymmetrical overlays.

Asymmetry and Adaptive Alignment: Identify patterns of asymmetry through visual assessments, palpation and movement. The fundamental process of adaptive alignment is the nature of tensegrity structures. Discover that due to adaptive alignment, a whole body asymmetry can result from a single misaligning injury. Learn to differentiate between Functional and Dysfunctional Asymmetries.

The Biomechanics of the Pelvis: There are specific anatomical contributors of the different patterns of tilt, shift, symmetry and asymmetry found within the pelvic girdle. Techniques to bring the pelvis into balance and symmetry

within Natural Alignment are observed, practiced, and discussed

The full course consists of four modules:

1. Natural Alignment/ Biomechanics of the Pelvic Girdle
2. Biomechanics of the Shoulder Girdle
3. Appendicular Rotations and Counter-Rotations
4. Axial Biomechanics

Instructor Bio:

Alyssa Dodson completed her initial Structural Integration training in 2002 at *The Guild for Structural Integration* with teachers Emmett Hutchins and Peter Melchior. Since then she has had a private client practice and has been teaching Structural Integration techniques for 18 years.

Alyssa teaches two courses: The Biomechanics of Adaptable Alignment, and Core Integration; Visceral Manipulation. Both courses are based on the work of Elizabeth Gaggini, a Rolfing™ practitioner and teacher who Alyssa has assisted for 10 years.

Prior to her Structural Integration career, Alyssa was a modern dancer for 15 years and taught movement and alignment, including with the Martha Graham Company, The Metropolitan Opera, and Tanglewood Music Festival.

Her teaching is influenced in her work by Monica Caspari in Structural Integration, Juliu Horvath in the Gyrotonic System, and Irene Dowd in anatomy.