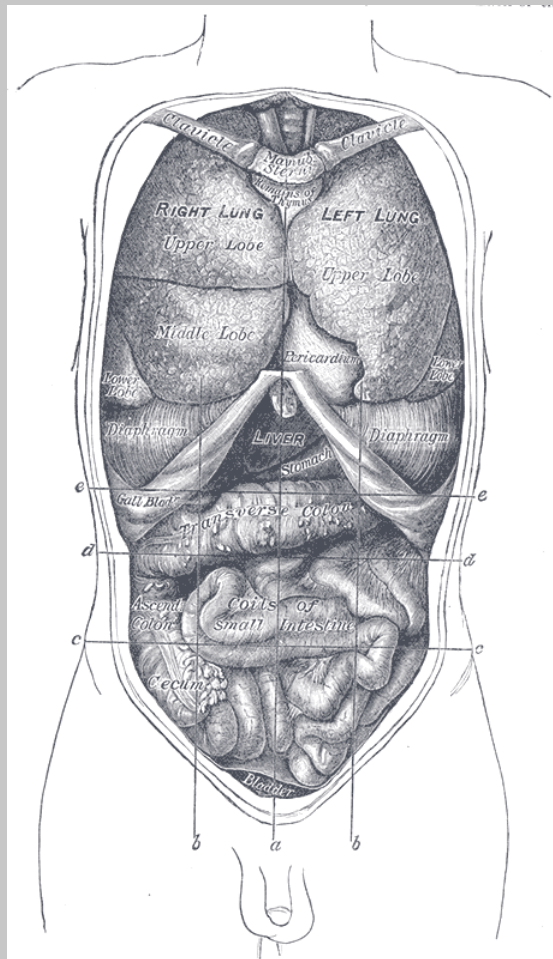


Container & Content – Part 1

Basics of Visceral Manipulation in the Context of Rolfing / SI

Workshop with Konrad Obermeier
March - 2024 in Zürich



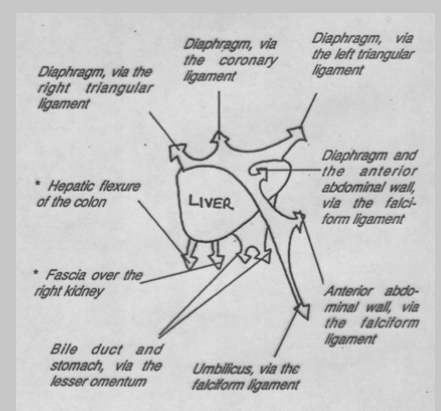
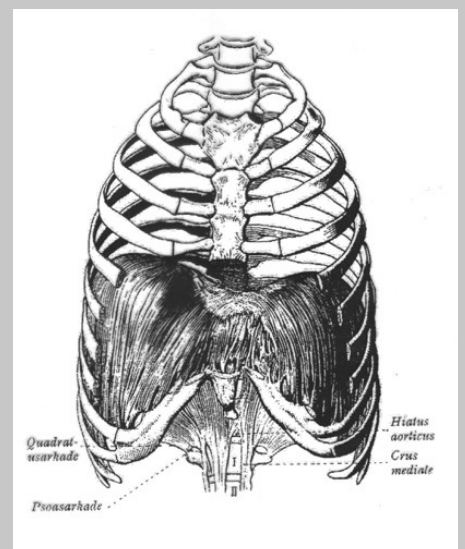
Incorporating techniques from the Osteopathic field of Visceral Manipulation into the daily work of Structural Integration / Rolfing can greatly improve the results of sessions.

Expanding your level of skills through Visceral Manipulation can add a very potent approach to problem solving and can contribute significantly to a deeper understanding of complex structural patterns.

From a SI / Rolfing point of view, specifically the interface between the “Structural Container” and the “Organ Content” is of importance.

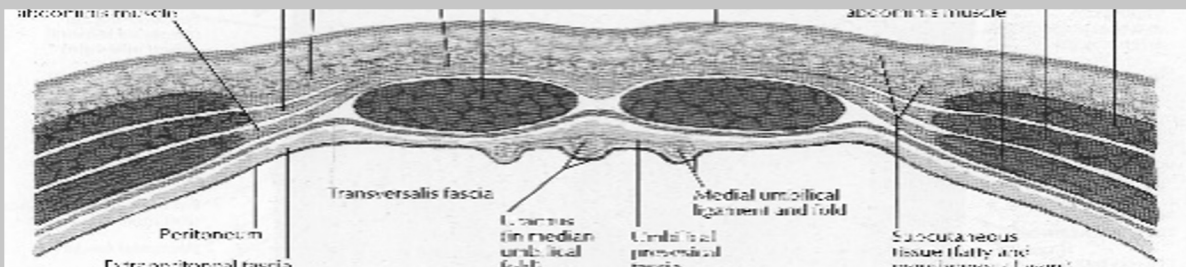
In this workshop we will:

- ✓ get an introduction to and an overview of the complex organization of visceral anatomy and its basic embryological development.
- ✓ Discuss specifically the fascia transversalis in its relationship to the peritoneum and its architecture. These far reaching sheets of connective tissue play a central role in transmitting forces of tension and pressure throughout the abdominal cavity and the structural frame.
- ✓ Look at the activity of the respiratory diaphragm as it not only separates the major cavities – thoracic and abdominal – with their different pressure realities, but also functions as the primary and dominant force generating visceral mobility. The dynamic activity of the diaphragm is fundamental in actively translating repetitive forces into structural patterns.
- ✓ Learn to use general techniques for mobilizing intra-abdominal and intra thoracic structures. This will help us understand how transmission of forces from the visceral cavities contributes to structural pattern deviation.
- ✓ Apply selected techniques to different visceral structures.
- ✓ Explore fundamental aspects of local listening to orient our diagnostic, palpatory and treating hands and start to appreciate mobility and motility aspects of visceral movement.
- ✓ Localize and manipulate sphincters as they perform important regulatory functions and their feedback system reaches deep into the autonomic nervous system.



We will study together with:

- ✓ Information - lectures on anatomy, on the relationship of the organs and structure;
- ✓ Body assessment – pattern identification using visual, movement and palpatory assessment;
- ✓ Hands-on – demonstrations and exchanges on practical manual techniques; introduction to local listening;
- ✓ Integration – ways to integrate visceral manipulation on our daily work.



Logistics / Information:

Dates:	2024, March 22th – 24th
Time:	Friday 10 am – 6 pm Saturday 10 am – 6 pm Sunday 9 am – 4 pm
Place:	massaged @ Atem Roling Massage Idaplatz 2a, 8003 Zürich
Credits:	2 Manipulation Credits (ERA)
Class Fee:	CHF 650,- (Early Bird Reduction of CHF 50,- for registration & payment until January, 31st 2024)
Registration:	Pragita C.Bauer mail@somatic-healing-arts.ch tel. +41 76 455 97 87



Konrad Obermeier

is a Certified Advanced Rolfer™ and Movement Practitioner since 1991.

Anatomy Teacher for the European Roling Association® and the Dr. Ida Rolf Institute® – Boulder Colorado.

Chair of Anatomy Department.

Teaches Visceral Manipulation, Anatomy and Biodynamic Embryology after Dr. Erich Blechschmidt.

Container&Content Part 2

In Part 2 we will look at:

- The visceral anatomy and its embryological development
- Review the most central techniques presented in Part 1 and refine our approach
- Introduce the basis for “general listening” and refine our approach, our diagnostic, palpatory and treating potential
- Breathing as the central muscular activity generating visceral mobility and influencing structural deviations
- Clarify the relationship between intra-peritoneal and retro-peritoneal structures
- Discuss the function of the iliacus & Psoas and their relationship to the space of the kidneys
- Review our assessment of sphincters
- Introduce additional techniques for mobilizing intra-abdominal and intra-thoracic structures and apply these techniques to different visceral structures

It is good to do Part 1 before Part 2 but it is not mandatory.

Logistics / Information:

Dates: June 7th to 9th 2024

Time: Friday 10 am – 6 pm
Saturday 10 am – 6 pm
Sunday 9 am – 4 pm

Place: Gemeindestrasse 19, 8032 Zürich

Credits: 2 Manipulation Credits (ERA)

Class Fee: CHF 650,-

(Early Bird Reduction of CHF 50,- for registration & payment until February, 28th , 2024)

Registration: **Pragita C.Bauer**

mail@somatic-healing-arts - tel. +41 76 455 97 87



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