

Container & Content – Part 2

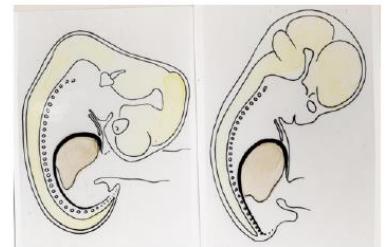
Breathing and the Viszeral Space

Workshop with Konrad Obermeier
in Zürich
September 4th - 6th, 2026



In this workshop we will:

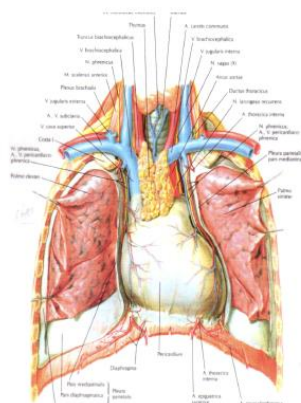
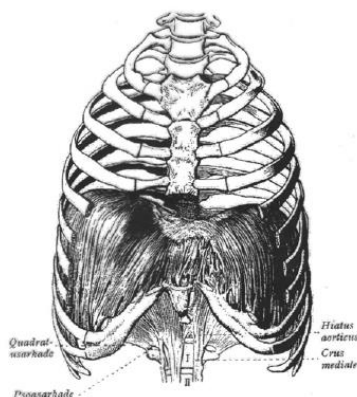
Deepen our understanding of the organization of visceral anatomy, its embryological development and how to integrate a visceral approach into our Rolfing sessions.



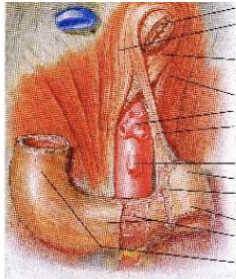
Review the most central techniques presented in the first part, discuss potential problems and learn how to calibrate our approach.

Introduce the basis for 'general listening' and refine our assessment through 'local listening' to enhance our diagnostic, palpatory and treatment potential.

Look again and in more detail at breathing as the central muscular activity generating visceral mobility and influencing structural deviations.

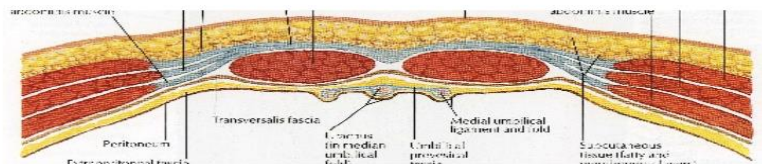


Clarify our understanding of intra-peritoneal and retro-peritoneal structures by discussing the position, relationships and functions of the Iliacus muscle & the Psoas muscle, their potential for movement and their relationship to the digestive tract and the space of the kidneys.



Elaborate on our assessment and treatment of sphincters and organs (liver, stomach, small & large intestine)

Introduce additional techniques for mobilizing intra-abdominal and intra-thoracic structures and apply these techniques to different visceral structures.



Konrad Obermeier

Certified Advanced Rolfer™ and Movement Practitioner since 1991.

Anatomy Teacher for the European Roling Association® and the Dr. Ida Rolf Institute® – Boulder Colorado. Currently Chair of ERA-Anatomy Department. Teaches Visceral Manipulation, Anatomy and Biodynamic Embryology after Dr. Erich Blechschmidt.

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Date:	September, 4 th to 6 th 2026
Time:	Friday & Saturday 9:30am to 6pm Sunday 9:00am – 4 pm
Address:	Idaplatz 2a, 8003 Zürich
Participants:	max. 12
Credits:	3 Manipulative Credits (for Rolfers)
Class Fee:	CHF 600,-
Contact:	Pragita C.Bauer – tel. 076 455 97 87 seminars@somatic-healing-arts.ch