

Up-Orientation

Workshop with Konrad Obermeier

in Zürich

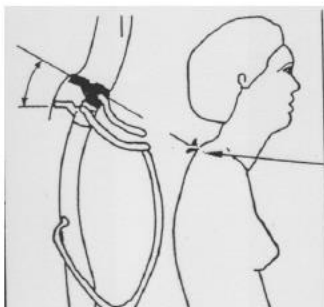
June, 26th to 28th, 2026

Up – Orientation

A Workshop with Konrad Obermeier

In this workshop we will:

- Review anatomical details relevant for addressing the “upper pole”.
- Combine fascial (container) and visceral (content) techniques.
- Consider the peritoneum, pericard and pleura as significant factors influencing the potential of head & neck articulation.
- Address the diaphragm, thoracic outlet and Atlas-Occiput as important horizontals of transition.
- Introduce some aspects of working directly with individual cranial and peripheral nerves.
- Discuss aspects of perception in relation to integrative structural development.
- Use simple exercises /embodiments as educational tools to support manual intervention.



In the classical 10-series process, developed & designed by Dr. Rolf, the 7th treatment marks completion of differentiation: Specific aspects of the head and neck are primarily under “intra-segmental” consideration now and are addressed to feed the developmental process of a 10-series of sessions.

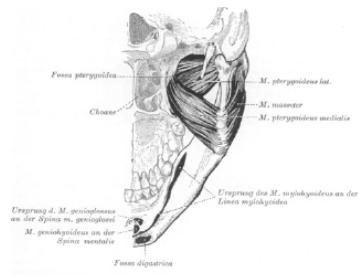
Questions to ask:

Is the cervical spine mobile and free of the shoulders and arms?

Is the neck holding up or pulling down the head?

Is the TMJ bound into the neck or into the cranium?

Is the jaw able to move freely?



When we are operating outside the classical 10-series process, we find it sometimes necessary to address the “upper pole” and aim to improve not primarily “intra-segmental” aspects but to also consider the “inter-segmental” relationship of the topographic regions of head & neck to the spine & visceral container below.

This widens the perspective, the approach and the strategizing of the treatment:

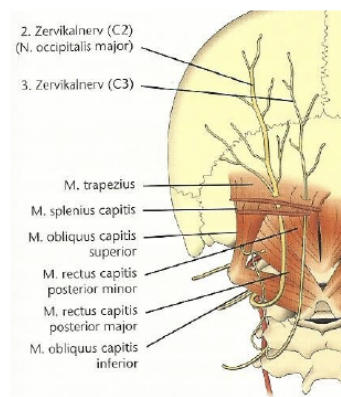
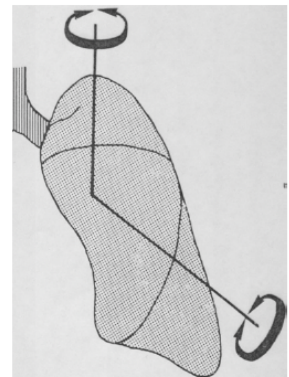
Is there enough support from below?

Is the peritoneum or retro-peritoneal space limiting the freedom of the upper pole?

Are the repetitive forces of the individual breathing pattern allowing the head to move independently of the chest?

Are visceral restrictions from the thorax influencing up-orientation?

Is visual, olfactory, auditive and vestibular orientation competent and supporting the neck & head & face?



Date:	June 26 th to 28 th 2026
Time:	Friday & Saturday 9:30am to 6pm Sunday 9:00am – 4 pm
Address:	Gemeindestrasse 19, 8032 Zürich
Credits:	3 manipulative Credits (for Rolfers)
Class Fee:	CHF 600,-
Contact:	Pragita C. Bauer , tel. 076 455 97 87 seminars@somatic-healing-arts.ch