

# **Basics of Visceral Manipulation in the Context of Rolfing**

**Workshop with Konrad Obermeier**

**26. – 28. January 2018 in Zürich, Switzerland**



**Incorporating techniques from the Osteopathic field of Visceral Manipulation into the daily work of 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 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 overview of the complex organization of visceral anatomy and its embryological development.
- discuss the endothoracic fascia as a key structure relating the intra-thoracic space of the mesentery, the pleural sheets and the pericard to the ribs, the sternum and the thoracic spine.
- 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 translating repetitively active tensional forces into structural patterns.
- Explore fundamental aspects of local listening to orient our diagnostic, palpatory and treating hands and start to appreciate mobility (and motility) aspects of visceral activity.
- 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.
- Localize and manipulate sphincters of central importance. Sphincters perform important regulatory functions and their feedback system reaches deep into the autonomic nervous system.
- Apply selected techniques to different visceral structures.

**For further information please contact:**

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**Location: Yoga-Limmat, Hardturmstrasse 124, 8005 Zürich**

**working hours:**

**Friday, 26<sup>th</sup> Jan.: 9 am - 6 pm**

**Saturday, 27<sup>th</sup> : 9 am - 6 pm**

**Sunday 28<sup>th</sup> , 9 am – 5 pm**

**Price:**

**CHF 630,00**

**CHF 580,00**

**early price paid before 1st of December 2017**

**ERA-Credits: 3 visceral manipulation credits**