

Autonomic Tracking to Enhance Orientation and Integration with Lael Keen

2 Day workshop to learn the basics of autonomic tracking



May 19./20. 2019 in Basel

This two day workshop is designed to teach the basics of autonomic tracking and its application to orienting, movement and posture, which will be an important tool for the Breathing workshop. Other ways to have learned these basics would have been to have attended the Beginning Level of the Somatic Experiencing® Training or to have done one or more Rolfing and Trauma workshops with Lael. This workshop may also be interesting for those who have already done the Rolfing and Trauma workshops and would like to review, or for Rolfers or Structural Integrators who have done the Somatic Experiencing® training and would like to learn some new ways to bridge autonomic tracking into the practice of Rolfing®.

The main topics covered will be:

- The physiology of trauma and how this relates to the practice of Rolfing
- How to recognize when you are running into trauma in your client's system and how to conduct the process in such a way that the traumatic energies can discharge safely
- Techniques for tracking the autonomic nervous system.
- How trauma affects our capacity to orient and how our capacity to orient affects structure and function.

Date of the workshop **May 19./20.** In Basel.

Fee for the 2 day workshop **Fr. 400.-** Payment until April 20. 2019

Registration/ Anmeldung

Reservation in order of registration and payment *Platzreservierung nach Eingang der Anmeldung und Zahlung.*

I register for the following workshop/ Ich melde mich verbindlich zu folgendem workshop an

Autonomic Tracking with Lael Keen

Dates/Termine **May 19./20. 2019**
Fee/ Zahlung **Fr. 400.-**
Venue/ Ort **Basel**

Name:

Address:

City:

Mail: **Tel.**

bank account/ Bank Konto

Raiffeisenbank Basel, 4052 Basel

Katharina Adiecha	IBAN CH49 8148 6000 0083 1818 6
Oberdorf 107	
4712 Laupersdorf	BIC/SWIFT RAIFCH22E86

Workshop conditions:

This is a binding registration for the above workshop. Please use this registration form and send it to Katharina Adiecha via e-mail or mail. Please use the address above.

Only with the registration and your payment of the workshop your place is booked. In case we have to cancel the workshop all payments are refunded. If you cancel the registration, up to 8 weeks prior to the workshop a cancellation fee of Fr. 50.- will be charged. In case of cancellation after this date the full tuition is due. Any cancellation can only be accepted in written form with date and your signature. I am aware, that if I arrive late or leave early, I do not have any entitlement of refunds.

I agree to the workshop conditions

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Date, City and Signature