

Rolfing, Trauma and the Breath



10 days exploring the breath with Lael Katharine Keen

According to the world average, the human being breathes 25,920 times per day.

The repetitive movement of the breath is one of the most influential elements that there is in both human structure and function.

In these 10 days (divided into two five day workshops) we will explore the breath and breathing from many different points of view.

We will learn how to intervene with the breath in ways that do not involve willing or forcing—working with the act of attention and allowing as opposed to an act of tension.

Topics Covered

- Review of the biomechanics and physiology of the breath.
- Learn to identify and help correct specific, less-than-functional breathing patterns.
- We will look at how the breath moves through the whole body, diagnose where it is not moving and treat the places that are less responsive.
- Interventions for the breath that can be used in each one of the ten sessions.
- Interventions with the breath that can be done to enhance structural maneuvers as well as interventions for the breath that touch deeply into the client's movement patterns and aspects of how he/she perceives the world.
- How trauma influences our breathing pattern.
- Core stability and breathing.
- Orientation and breath - we will explore how we orient ourselves to the world around us and how that has a direct effect on how we breathe. In addition we learn to see and work with the "holes" of our client's Orientation.

Lael Katharine Keen is a Rolf Movement Integration Instructor and an Advanced Rolfing® Teacher for the Rolf Institute. She has studied with Hubert Godard since 2000. She also teaches Somatic Experiencing (Peter Levine's trauma work) at the Beginning, Intermediate and Advanced levels for the Foundation for Human Enrichment, and has studied and taught Ki-Aikido since 1979. She is fascinated with movement and the process through which each of us becomes more truly ourselves through uncovering the movement which is our most intrinsic and authentic potential.

For people who have not done Lael's Rolfing and Trauma workshops or taken the Beginning Level of the Somatic Experiencing Training we are offering a 2 day workshop on May 19./20. 2019 in Basel to learn the basics of autonomic tracking and it's relationship to orientation, movement and structure, which is an important tool for the Rolfing Trauma and Breath workshop. (See separate Flyer!!)

The Dates of the workshops are **May 22.-26.** and **November 15.-19. 2019**
The courses are taking place in the (Merian Gärten) in Basel.

Adress: Merian Gärten "Orangerie", Vorderer Brüglingen 5, 4052 Basel.

The Fee for the 10 days course is Fr. 1'900.00

Registration / down payment Fr. 500.-

Payment 1 Fr. 700.- until April 30. 2019

Payment 2 Fr. 700.- until October 30. 2019

Early birds pay for the 2 courses Fr. 1800.00 until March 30. 2019

Registration /down payment Fr. 500.-

Remaining fee Fr. 1'300.- until March 30. 2019

The number of participants is limited, please check with me before you send the money to make sure there is still a spot available.

Workshop Organisation

Katharina Adiecha
Oberdorf 107
4712 Laupersdorf

Nat. (+41) (0)79 745 80 68 adiechak@gmx.net

Registration/ *Anmeldung*

Reservation in order of registration and deposit/ *Platzreservierung nach Eingang der Anmeldung und Anzahlung.*

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

Rolfing Trauma and the Breath with Lael Keen

Dates/Termine **May 22.-26. and November 15.-19. 2019**
Fee/ *Zahlung* **Fr. 1'900.- for both workshops/ *für beide workshops***
Venue/ *Ort* **“Orangerie” Merian Gärten,
Vorderer Brüglingen 5, Basel**

Name:

Adress:

City:

Mail: **Tel.**

I submitted the down payment/... *Ich habe die Anzahlung bezahlt...*

bank account/ *Bank Konto*

Raiffeisenbank Basel, 4052 Basel

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

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 adress 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. 100.- 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