

## Container & Content – Part 2

### Basics of Visceral Manipulation in the Context of Rolfing / SI

Workshop with Konrad Obermeier

September 27<sup>th</sup> to 29<sup>th</sup> 2024 in Zürich



- *The visceral anatomy and its embryological development*
- *Review the most central techniques presented in Part 1 and refine our approach*
- *Introduce the basis for “general listening” and refine our approach, our diagnostic, palpatory and treating potential*
- *Breathing as the central muscular activity generating visceral mobility and influencing structural deviations*
- *Clarify the relationship between intra-peritoneal and retro-peritoneal structures*
- *Discuss the function of the iliacus & Psoas and their relationship to the space of the kidneys*
- *Review our assessment of sphincters*
- *introduce additional techniques for mobilizing intra-abdominal and intra-thoracic structures and apply these techniques to different visceralstructures*

It is good to do Part 1 before Part 2 but it is not mandatory.

## Logistics / Information:

Dates:	September 27th to 29th 2024
Working Hours:	Friday 10 am – 6 pm Saturday 10 am – 6 pm Sunday 9 am – 4 pm
Course Location:	Yoga Limmat, Hardturmstrasse 124, 8005 Zürich
Credits:	2 Manipulation Credits (ERA)
Class Fee:	CHF 650,- Early Bird Reduction of CHF 50,- for registration & payment until June 30th , 2024
Registration:	Pragita C.Bauer mail@somatic-healing-arts.ch tel. +41 76 455 97 87



### **Konrad Obermeier**

is a Certified Advanced Rolfer™ and Movement Practitioner since 1991. Anatomy Teacher for the European Rolfing Association® and the Dr. Ida Rolf Institute® – Boulder Colorado. Chair of Anatomy Department. Teaches Visceral Manipulation, Anatomy and Biodynamic Embryology after Dr. Erich Blechschmidt.