



Fiona Palmer

**Myofascial
Meridians
for Manual
& Movement
Therapists**

Abdomen, Chest and Breath

Clare, Suffolk. UK - 23/24/25 February 2018

Early Bird £420 If booked by 1/12/2017 £475 thereafter

This is the third workshop in the Structural Essentials series.

We have looked at arch balance and pelvis balance and now turn our attention to balancing the ribcage above. With the aim of aligning the pelvic and respiratory diaphragms. Achieving a balanced reciprocity between these two structures is essential to what is now termed 'core support' and long-term human biomechanical and respiratory health. This is the third workshop in the Structural Essentials series. We have looked at arch balance and pelvis balance and now turn our attention to balancing the ribcage above. With the aim of aligning the pelvic and respiratory diaphragms. Achieving a balanced reciprocity between these two structures is essential to what is now termed 'core support' and long-term human biomechanical and respiratory health.

This course focuses on: ribcage and thoracic spine mechanics and includes:

- The anatomy and physiology of the breath
- Various therapeutic views of the 'normal' breath
- Techniques for abdominal fascia, ribs, vertebral rib joints and mediastinal visceral tissues, diaphragm, scalene and lumbar muscles
- Techniques for facilitation of the 'breath wave' into the front, back and sides as well as into each 'quadrant' of the rib cage

Aims of the Workshop:

- Build a foundation for Structural Integration work
- Understand the ribcage and its influence on the rest of the body via the Anatomy Trains
- Give and progressively build on a system v. symptom based approach to healing
- Use functional & structural assessments to formulate session strategies
- Apply Fascial Release work based on anatomy and body pattern

To book your space or for more information contact:

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