

Enhancing Natural Alignment with Undulation

Dates: October 25 - 26, 2008

Location: Vancouver, BC

Instructor: Anita Boser

Registration: Hellerwork International

Credits: This course is approved for 2 IASI Type I CE credits

Course Description:

This two-hour course will be taught in two segments, one each morning of the Hellerwork Continuing Education Workshop.

As Structural Integrators, we usually assess alignment visually and tactilely. This workshop (in 2 one hour segments) gives practitioners the opportunity to understand alignment in an embodied way-through the fluid movement of undulation. Using exercises that nourish the spine, we'll evaluate pelvic, lumbar, and thoracic position and range of motion. In addition, observing unstructured movement will deepen our understanding of habitual patterns that get locked in structure. Bring a yoga mat or towel as many of the exercises will be done on the floor.

Cancellation Policy: Subject to Hellerwork CEW policies, as this is part of that program.

Instructor Biography: Anita Boser, LMP, CHP graduated from the Institute of Structural Medicine and became a Certified Hellerwork practitioner in 2002. She developed undulation (a Hellerwork movement lesson for the 6th session of the Series) into a therapeutic exercise. I am eager to share how undulation furthers the goals of Structural Integration with my SI colleagues.