

## **Core Integration - Including the Viscera in Structural Work**

**Dates:** August 26-29 & Sept 1-4 8 Days Total

**Location:** Walpole, Maine

**Instructors:** Liz Gaggini

**Fees:** \$1200 with early deposit

**Registration:** [ConnectiveTissue.com](http://ConnectiveTissue.com), [mailto: lizgaggini@gmail.com](mailto:lizgaggini@gmail.com)

**Credits:** This course is approved for 48 Category II IASI CE Credits

**Course Description:** The fascia of the viscera has strong affects on the structure. Releasing strains in the visceral fascia can be very helpful in enhancing core transmission and organizing the spine, pelvis and shoulder girdle. This comprehensive seven-day class will cover indirect and direct work with the organs of the pelvis, abdomen and thorax. Detailed anatomy and the structural relationships of the viscera will be central to this class. We will cover both normal and abnormal mobility and motility. All of the information and techniques will be presented for working from a structural perspective. Several ways of seeing, assessing and treating visceral restrictions will be shown.

**Instructors Bios:** Liz Gaggini, M.A. is an Advanced Rolfer. She has been teaching and writing about asymmetric patterns and the biomechanics of alignment within the structural integration process for over 15 years.