

## Structural Integration and The Breath

**Dates:** November 16-26 2010

**Location:** Florianopolis, Brazil

**Instructor:** Lael Katharine Keen

**Fees:** \$1250 or \$950 (early registration by August 15, 2010)

**Registration:** e-mail: [lael@fastlane.com](mailto:lael@fastlane.com) br Telephone (55) country code (48) city code 3237-7184

**Credits:** This course is approved for 70 Type I IASI CE credits

**Course Description:** 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 this 10 day workshop we will explore the breath from many different points of view. We will learn to intervene with the breath in ways that do not involve willing or forcing—working with acts of attention and allowing as opposed to acts 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 than they could be. • 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 movement/world view aspects of the client. • How trauma influences our breathing pattern. • Core stability and breathing. • Orienting and the breath--we will explore how the way that we orient to the world around us has a direct effect on how we breathe and learn how to see and work with the “holes” in our clients’ orienting. The workshop will be held in the south of Brazil, on the Island of Santa Catarina. The Island is a destination for tourists from all over the world, known for its natural beauties, with its 43 tropical beaches, two fresh water lakes and numerous hiking trails. The city of Florianopolis, the capital of the state of Santa Catarina is also located on the island. Lodging and food are quite cheap, due to the exchange rate between the dollar and the real (Brazilian currency).

**Instructors Bios:** Lael Katharine Keen is a Roling® and Rolf Movement Integration Instructor for the Rolf Institute. She has studied with Hubert Godard since 2000. She also teaches Somatic Experiencing (Peter Levine’s trauma work) for the Foundation for Human Enrichment, and has studied and taught Ki-Aikido for the last 34 years. 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.