

Visceral and Neural Fascial Mobilization for the Core

Dates: May 3,4,5,6, 2010

Location: The Rolf Institute of Structural Integration®, Boulder, CO

Instructor: Bruce Schonfeld and Jonathan Martine

Fees: \$775.00 or \$725.00 if paid in full by April 1, 2010

Registration: Jim Jones at 303-449-5903 x105; Jon Martine: j.martine@comcast.net,
Bruce Schonfeld: bruce@advancedrolfing.com

Credits: 32 IASI Type I CE Credits

Course Description: This class offers a fascial anatomy approach to visceral and neural mobilization. When the body has visceral or nerve fascia that is restricted and fails to glide, the entire system becomes pre-occupied. Reducing this “pre-occupation” is necessary for reducing pain and restoring optimal function. Through precise manipulations of the fascia and membranes associated with the thoracic, abdominal, and pelvic cavities, the visceral and neural systems will achieve a higher order of physical equipoise. Particular attention will be paid to the relationships between the bones and membranes (pleura, diaphragm, peritoneum, endo-thoracic and pelvic floor). With an emphasis towards clinical applications, we will explore through lecture, palpation and hands-on exchange:

- Powerful manipulation skills to take your practice to the next level.
- Visual and palpatory assessment skills to evaluate for mobility, symmetry, and tone.
- How neurogenic inflammation and impaired visceral and nerve mobility restrict movement of fascia, joints and core stability.
- New approaches to tissue and joint mobilization.
- Integrative structural strategies for lasting change, from local restriction to global function.
- Decompression and mobilization techniques designed to compliment your current skills and improve your effectiveness with tricky clients.

Instructor Biography: Bruce Schonfeld, www.advancedrolfing.com, is a Certified Advanced Rolfer™ and Rolf Movement Practitioner™. A dedicated student, originally Certified in 1994, he has studied diverse movement integration modalities and taken the Advanced Rolfing® Training 3 times. Inspired by over 600 hours sculpting anatomy in clay and doing gross dissection, he has developed a "systems" anatomy approach to fascial manipulation. A long time Teaching Assistant for the Barral Institute, he has vigorously studied Visceral Manipulation since 1997, including over 300 hours directly with Jean-Pierre Barral D.O. since 2001.

Jonathan Martine, www.jonmartine.com, is a Certified Advanced Rolfer™ since 1990, Registered Movement Therapist, and Rolf Institute® Faculty member since 1993. Jonathan draws from the work of Jean-Pierre Barral and Alain Crobier, DO's, Australian PT's, David Butler, Michael Shacklock, Don Hazen, Chiropractor/Rolfer and Chiropractor/Neurologist Dr. Michael Allen in a synthesis of nerve related work.