

## The East Coast SI Study Group

**Location:** Pond Hawk Retreat space in Connecticut. Close to beaches lakes, hiking. Pond Hawk is 2 hrs from NY and Boston, 45 minutes from Hartford, CT.

**Dates:** We will meet once a month from Friday evening at 5:30pm through Saturday at 5:30pm. Nov 2-3; Dec 2-3; Jan 4-5, 2008; Feb 1-2, 2008; March 1-2, 2008; April 4-5, 2008; May 2-3, 2008; June 6-7, 2008; Aug 1-2, 2008.

**Instructor:** Sarah Suatoni

**Fees:** \$175 per weekend. Includes double room, breakfast and lunch.

**Registration & Housing:** Sarah Suatoni: 860-663-0293; [ssuatoni@aol.com](mailto:ssuatoni@aol.com). Enrollment limited to 12 students. Option to enroll for all 10 weekends or just one.

**Credits:** Approved for 10 Type I IASI CE credits per weekend.

The East Coast SI Group will foster that community by providing a space for learning, development, and support. Members will learn new bodywork skills, gain the support of a community, and participate in the growth of Structural Integration.

Technique classes will include:

**Body Mechanics:** Improve alignment, enhance your strokes, move freely so that your bodywork is actually good for you, use your body as a feedback loop assessing as you stroke, learn how to do slow sustained strokes in the core. Your body is your main tool, learn how to use it and care for it.

**Exploring the core (4/5):** It is my experience that very few practitioners know how to work deeply in the pelvis, especially the pelvic floor. We will take three weekends to learn new ways of working on the p.f., obturator internus, iliopsoas, diaphragm, and deep abdominal fascias. These classes will include anatomy review, assessment, and techniques.

**Including Emotion:** You do not need to psychologize, preach, or analyze, but emotions live in the body: learn the basics of “embodied dialogue” – a sensate based way of including emotions in the session while doing bodywork.

**Working in the Back:** a three dimensional approach.

**Introduction to Action:** Elicit movement from the client while stroking to effect a greater release and more client awareness.

**Working in Gravity:** Learn to work with the client witting, standing, and stretching.

**Tone:** Explore ways to increase tone while doing SI work.

**Dialogue Tools:** Deepen your ability to meet the client where they are.

**Matters of the Heart:** Take a deep look at why you do your work, what meaning it brings, what consequences it has.

### About the Instructor:

Sarah Suatoni: Sarah is a Hellerwork trainer, counseling psychologist, former dancer and movement educator with years of experience teaching SI and an active business leading groups. She is currently teaching on Hellerwork trainings and teaching an advanced class with Joseph Heller and Regina Buckwalter, and leading mind-body centered groups for women and children.

See [www.sarahsuatoni.com](http://www.sarahsuatoni.com) for more information.

