

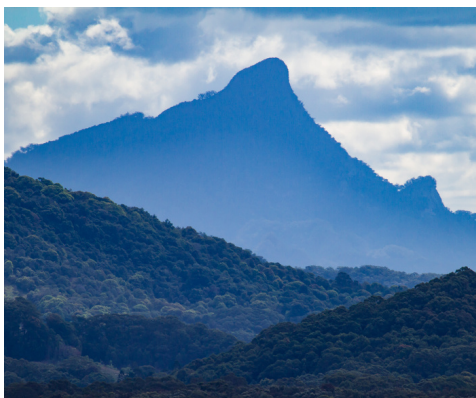
# Intro. to Structural Bodywork Course



**By John Smith**  
**Practitioner of Advanced**  
**Rolfing, Feldenkrais and**  
**KMI.**  
**Somatic Educator and**  
**author of textbook**  
**'Structural Bodywork'**

In this workshop you will

- Learn how to apply direct manual technique of myofascial release
- Learn how to integrate direct myofascial release with other release techniques ie positional techniques, stretching methods, muscles energy technique, PNF, nerve mobilisation and articular mobilisation
- Practise body reading looking at sagittal (front/back) balance recognising patterns of tissue shortness such as head forward posture, collapsed chest, excessive/diminished curvature, upper and lower crossed syndromes, thoracic outlet syndrome, excessive pelvic tilt and various leg and foot patterns
- Be introduced to the rich historical background of the Structural Bodywork approach- Rolfing, Postural Integration, Tom Myers, KMI



**Where: Uki**  
**Date: 10th - 11th Sept**  
**Times: 9am - 5pm**  
**Cost: \$380**

**TALK TO US**

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