

# 2 DAY MYOFASCIAL INTEGRATION WORKSHOP CAPE TOWN 23 - 24 NOVEMBER 2019



Join well-known international Rolwing® Structural Integration practitioner and teacher, Marius Strydom, in Cape Town for a 2 day Myofascial Integration workshop focusing on the integrated use of manual, movement and perceptual skills. The workshop was developed specifically to add to physiotherapists' offering and is presented in Prague and Poland annually since 2009. The teaching method entails starting with an experiential learning exploration and continues to theory and practical application. (CEU points: 16 general CEU level 1)

## COURSE OUTLINE

### Experiential:

What is your unique structure of perception?

How do you subjectively experience your posture, movement, orientation in space and gravity?

What are the categories of how others perceive?

How can we use this to help our clients to change how they organise their posture and movements?

### Theory:

Context: optimising the structure and function of the whole body in gravity.

Experiential Philosophy: principles of structural integration.

Fasciology: the physiology of fascial and neural responses.

Biotensegrity: tensional integrity that speaks to the wholeness of the biological structure.

Structure and physiology of perception: interoception, exteroception, body schema, peri-personal space and how to change these

### Hands-on practice:

Fascial layers

Fascial continuities

Inter-muscular septa

Integrating different types of movement to combine with manipulation to enhance nervous system reorganisation, client participation and ownership of the work.

Methods of including the perception of clients in making their own discoveries during manual work

Techniques: broad scope of touch from direct to indirect, from mobility to motility, gamma touch.

Detailed practical hands-on work will be done with the whole body.

Book at [marius@rolfing.co.za](mailto:marius@rolfing.co.za) Cost: R3200

(R2900 for bookings made before 30 October)

Presented at the Sports Science Institute 8h30 - 18h00