



## Aquatic Structural Integration

### *Applying Myofascial Techniques in Aquatic Therapy*

with **Sol Petersen** from New Zealand

Friday November 30, Evening session £60

Saturday, Sunday December 1&2, 2012

**Teddington Hydrotherapy Pool, Greater London, UK**

Saturday 12:15 pm – 7.30pm

Sunday 12:30 pm – 7.30pm

Evening session £60, £250 for both days

#### **Who would benefit from this workshop?**

Massage therapists, Bodyworkers, Aquatic and Rehabilitation specialists, Occupational Therapists, Physiotherapists, Yoga & Pilates teachers will learn valuable skills.

#### **What is Aquatic Structural Integration?**

Aquatic Structural Integration is an integrating & effective aquatic form of Myofascial Therapy and rehabilitation developed over the last 20 years by Sol Petersen, a New Zealand Structural Integration trainer and Body Psychotherapist. Aquatic SI combines elements of soft tissue manipulation and massage, joint mobilization, trigger point therapy, stretching and positional release, all woven seamlessly into a sequence of fluid movements. In an aquatic session the client can totally relax, safely supported by the water, the healing hands of the practitioner and aquatic floats. The treatment plan may also include active movement and exercise in the water as well as applications to movement in gravity and an enquiry into bodymind aspects of any physical challenges.

Inspired by traditional hydrotherapy and Watsu Aquatic Bodywork, Sol Petersen has developed and taught his method of applying SI skills in Europe and New Zealand. Over the last 10 years Sol has trained physiotherapists in Spain who offer rehabilitation programmes for Rheumatoid and OsteoArthritis as well as stress/burnout and individual rehabilitation in spas and therapy pools in many parts of Spain.

**Myofascial Release and Structural Integration are increasingly recognised** as profound methods of unwinding and relieving the strain and restriction that inevitably occurs in the body through injury and repetitive use patterns. Long known for its stress responsive quality, exciting new fascial research now acknowledges the fascia, with its extensive sensory innervation, as not only essential to our whole body stabilizing system, but also to our movement and proprioception.

### Applying Aquatic Structural Integration?

For a patient suffering rheumatoid or osteoarthritis, chronic pain or any movement disability, Aquatic SI can offer a safe experience of feeling a new freedom in movement. The curative effect of warm water (35 degrees C.) produces spontaneous responses in the connective tissues and the autonomic nervous system as well as on the emotional and energetic level that leads to a state of deep relaxation and stress release. In this state, the freeing of myofascial restrictions and joint adhesions facilitates greater range of motion and the opening of new neuromuscular connections.

Unlike Myofascial Release in the field of gravity, where the client's body is stabilized by the treatment table, in the water the body is free to move and be moved and to be massaged and stretched both locally and globally in unusual ways and directions. For example, a trigger point can be held in the shoulder while simultaneously the entire rib cage and spinal column can be mobilized in in very fine snake-like undulations and spirals, impossible to achieve outside the water. The hip, shoulder and spinal joints can be more easily decompressed and guided into new movement pathways in a pain-less environment aided by the hydrostatic pressure of the water.

### Resolution of Trauma through Aquatic therapy

The first aquatic session is often a profound experience, touching deep sensory and even emotional levels. The sense of total support, trust, body fluidity and freedom is unique and can guide the body to the deepest level of relaxation. The unconditional support and safety may also assist in the resolution of traumatic and psychosomatic conditions on both the physical and emotional levels



### What You Will Learn

This course is a rare opportunity to study with an innovator in the field of BodyMind Integration and to discover a unique approach to Aquatic Bodywork. You will observe Aquatic SI sessions and experience it in your own body. You will learn how new research informs Aquatic Therapy today; about working in the water and how to apply the basic techniques of Aquatic SI. You will observe how Aquatic sessions can be designed to deal with specific rehabilitative challenges. You will learn about touch and how to apply Myofascial Release techniques in aquatic sessions. You will also learn about your own body mechanics; how to support and move a person as effortlessly as possible, staying centered in your own body. Most of all you will have an inspiring, healing and fun time.



**Sol Petersen** is the originator of Aquatic Structural Integration. A Structural Integration trainer, Adaptive Physical Education teacher, Body Psychotherapist, Watsu practitioner and Tai Ji teacher, he has been practicing and teaching Aquatic Bodywork for over 20 years and loves to share this powerful and effective form of therapy. Sol lives in New Zealand and teaches internationally. You can contact Sol on [sol@theradiantbody.com](mailto:sol@theradiantbody.com), [www.theradiantbody.com](http://www.theradiantbody.com) 006421893055

**To register or for more information contact:** Justine Hutchins:  
07985 242088 [Justine@touchlondon.biz](mailto:Justine@touchlondon.biz)

**Robert Schleip, PhD, Rolfer, author and founder of Fascial Fitness speaks of Sol Petersen's work:**

*'I have had the pleasure of being a friend and colleague of Sol Petersen for over 25 years. As co-teachers we have explored the essence of an integrative approach to human function and experience. Sol has mined the Structural Integration method for its gold and blended this with the precious metals of over 20 years experience in applying insights from Osteopathy and Physiotherapy, Hakomi Body Psychotherapy, Adaptive Physical Education, Personal Training, the arts of Tai Ji and Qi Gong, Watsu and Aquatic Structural integration, as well as with the latest research available. He has created an approach that will not only give you the skills to transform your practice for your clients but also to bring this knowledge into your own personal embodiment. Don't miss this opportunity.'*

**Relevant articles:**

Cultivating Body-Mindfulness: The Heart of Structural Integration

How Do I Listen? Applying Body Psychotherapy Principles and Skills in Manual and Movement Therapy

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