



# ***Rebalancing the Body***

## **Applied Structural Integration Skills Workshops**

with Sol Petersen from New Zealand

**Structural Integration Skills for the Spine and Upper Body**  
*Dublin, Ireland May 28&29, 2011*

**Structural Integration Skills for the pelvis and lower body**  
*London, UK, June 11&12, 2011*

These courses are a rare opportunity to study with an innovator in the field of Body and Mind Integration. They provide practical skills for practitioners in massage and manual therapy, physiotherapy, fitness, pilates and yoga.

*As Doctor Robert Schleip says, 'Sol will give you the skills to not only transform your practice for your clients but also to bring this knowledge into your own personal embodiment. Don't miss this opportunity.'*

### **Participants will learn:**

- Clinical implications of new fascial research for practitioners in terms of fitness and clinical practice
- Approaches for maintaining structural integrity through body-mindfulness and core stabilisation
- Practical techniques for transforming chronic back pain
- SI Myofascial techniques for release of chronic patterns - on the table, in seated and standing positions and in activities of daily life
- A unique problem solving approach to prioritising session design choices in a clinical practice
- Structural, myofascial and integrative concepts for human design and optimal function
- Keys for therapeutic success through active client movement participation in bodywork
- Body reading and assessment skills– structural, functional, energetic and movement analysis.
- Bodywork as energy cultivation – how maintain your structural integrity and to be powerful in your body after 30 years of bodywork practice
- Applying body psychotherapy – emotions, meaning and the bodywork process..



**Sol Petersen** is a Structural Integration trainer, an Aston Movement Coach, an Integral Aquatic Therapy practitioner and a body psychotherapist trained in the Hakomi method with over 25 years experience. He has degree in Adaptive Physical Education and is a longtime Tai Ji teacher. Sol has a passion for empowering practitioners to reach their potential. Sol teaches internationally and is the founder of Mana Retreat in New Zealand where he lives and practices.

**Cost:** £225 / €275 (deposit £75) **Time:** 9am to 5pm both days

**Venue Dublin:** Munster Room, Best Western Dublin Skylon Hotel, Upper Drumcondra Road, Drumcondra, Dublin 9, Ireland

**Venue London:** to be confirmed, Please note if you require accommodation let us know as there is a special delegate rate for attendees at the workshop.

**To book:** +44 (0)7526 925734 or [info@bodyworkcpd.co.uk](mailto:info@bodyworkcpd.co.uk)

**For more information on Sol:** [www.theradiantbody.com](http://www.theradiantbody.com) or [sol@theradiantbody.com](mailto:sol@theradiantbody.com)

## Relevant articles:

Cultivating Body-Mindfulness: The Heart of Structural Integration

Movement and Rehabilitation of the Body: Low Back Pain and the Bulging Disc Myth

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

See [www.theradiantbody.com](http://www.theradiantbody.com) or [www.somatics.de](http://www.somatics.de)

## *Comments about Sol's work from his colleagues:*

*"Sol Petersen is a top-notch workshop leader and an energetic positive force. I recommend his work on all levels and wholeheartedly."*

**Ron Kurtz, author of Body Centred Psychotherapy and Founder of the Hakomi Method of Experiential Psychology**

*'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 and Personal Training, the art of Tai Ji and Qi Gong, Watsu and Integral Aquatic Therapy as well as the latest research available.*

*You will be inspired not only by his deep understanding but by his capacity to express this in his own body and to teach a method of embodying high function.*

*He has created an approach that will not only give you the skills to not only transform your practice for your clients but also to bring this knowledge into your own personal embodiment. Don't miss this opportunity.'*

**Robert Schleip PhD is a Rolfer, Feldenkrais teacher, author, fascia researcher and international presenter. Robert has remained for many years at the forefront of bringing current research into relevant clinical practice.**

*"Sol Petersen is a premier bodyworker with great skills and compassion. More importantly he is also a wonderful teacher and trainer in peoplework."*

**Joseph Heller, founder of Hellerwork Structural Integration and author of Bodywise.**

*'I've been practicing bodywork for 18 years and there is one thing that I am certain about - my client's sustained bodywellness happens through how they do what they do in their daily lives. I see my role as an educator of bodywellness and I can think of no one better suited to guiding me in developing this art than Sol. His capacity to recognise limiting patterns in the body and mind allow him to creatively work with the client to find meaningful ways for them to help themselves. Sol can help you achieve this for yourself and for your clients.'*

**Mark Gray, MA in Therapeutic Bodywork, Structural Integration trainer and former course leader for the Neuromuscular Therapy Degree Programme at University of Westminster, London, UK**