



# Myofascial Release Weekend Class

## Structural Integration Skills for the Spine and Lower Limbs

with Sol Petersen

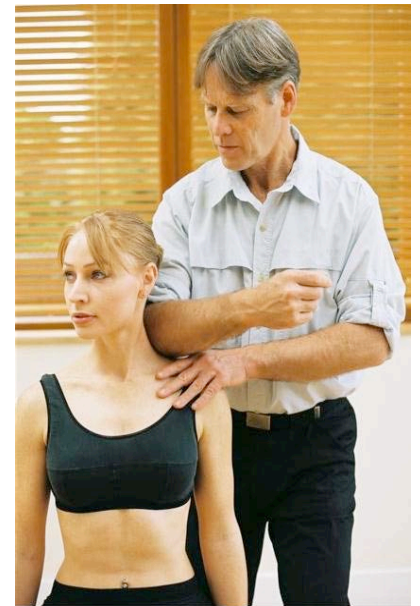
*Waimanu, New Plymouth, May 12-13, 2012*

This course is an opportunity to study with an innovator in the field of Body and Mind Integration. The class provides practical myofascial release skills for practitioners of massage and manual therapy, physiotherapy, fitness, pilates and yoga.

Robert Schleip PhD 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.'*

### 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 to maintain your energy and structural integrity for a lifetime of 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 a co-founder of Mana Retreat in Coromandel where he lives and practices.

**Cost:** \$250 **Time:** 9am to 5:30pm Saturday, 9am to 4pm on Sunday

**Venue :** Waimanu, New Plymouth

**To book:** phone Sol on 021 893055 or Carolyn 06-7539331; email [sol@theradiantbody.com](mailto:sol@theradiantbody.com)

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

### Relevant articles on [www.theradiantbody.com](http://www.theradiantbody.com)

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

## **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 20 years and there is one thing that I am certain about - my client's sustained bodywellness is deeply connected to 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 people to find meaningful ways for them to help themselves. Sol can help you achieve this for yourself and help you do the same 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**