

Applied Somatics for the Stooping Bodies

with **Andrew Teufel**, RMT,CASE, RYT 500

A continuing education seminar

June 22–24, 2018
Vernon, BC

Friday 4:30 –10:00pm
Saturday 9:30 am –6:30 pm
Sunday 9:00 am– 6:00 pm

14 CEUs

Registration

\$650 + GST (Early Bird—\$585 + GST)
Early Bird Deadline: May 18, 2018

Contact OVCMT

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Location

Okanagan Valley College of Massage Therapy
#200-3400 30th Avenue
Vernon, BC V1T 2E2

Course Overview

Level I Applied Somatics for Stooping Bodies

This is a somatic immersion of 21 hours of clinical somatic education instruction. This immersion explores the effects of stress, the startle reflex and habitual patterns of the neuromuscular system in a stooped posture. The stooping posture affects the circulatory and nervous systems flow through the anterior torso compressing the organs, blood vessels and nerve plexuses at the somatic centre. The unconscious tension (sensory motor amnesia) in the muscles at the anterior somatic centre contributes to restricted breathing, headaches; mid and low back pain, shoulder impingement, and restricted movement of the arms, head and pelvis.

Applied Somatics training offers a hands-on systems approach with techniques which help accelerate the release of the neuromuscular system. The hands-on techniques enhance the client's knowledge of their somatic system so they can better manage pain, dysfunction and imbalance of the stooping body. Somatic releases allow practitioners to work with their clients to release tension patterns quickly and effectively with less strain on the practitioner's body. Clients delight in the ease and speed which Somatics helps change their pain patterns.

Healthcare professionals will learn to teach therapeutic somatic exercises individually to manage pain, dysfunction and imbalance of the stooping (fixated) posture. They will also learn hands-on techniques of clinical somatic education which accelerate the release of tension in the neuromuscular system. These hands-on techniques also enhance the clients' knowledge of their somatic system so they can better manage pain, dysfunction and imbalance of the stooping body.

This immersion focuses on the stooping posture at the somatic centre – that is the powerful anterior muscles of locomotion and posture between the head/pelvis and hips/shoulders. Included in the training is a booklet demonstrating the hands-on clinical somatic education techniques and individual somatic exercise handouts.

Andrew Teufel, RMT, CASE, RYT 500, involved in healthcare 31 years: a Former RN in Canada and CCURN in USA, has been a Yoga practitioner for 31 years, an RMT for 25 years, and Certified Hanna Somatic Educator 18 years. Andrew brings a unique blend of education and experience to allow health practitioners to learn to work within a functional model dealing with mind and body.