

Core Integration

Including the Viscera in Structural Work

With Liz Gaggini, M.A.

Basic Class in Las Vegas, Nevada
February 4 -7 and 10-13, 2010

I can't tell you how much of an impact the Visceral class has had on my work. Being aware of that level of touch and sensitivity has enhanced my ability tremendously.
-Michael Polon,, Denver, Colorado

The fascia of the viscera has strong affects on the structure. Releasing strains in the visceral fascia can be very helpful in enhancing core transmission and organizing the spine, pelvis and shoulder girdle. This comprehensive seven-day class will cover indirect and direct work with the organs of the pelvis, abdomen and thorax. Detailed anatomy and the structural relationships of the viscera will be central to this class. We will cover both normal and abnormal mobility and motility. All of the information and techniques will be presented for working from a structural perspective. Several ways of seeing, assessing and treating visceral restrictions will be shown.

This class is the result of eighteen years of my study of visceral manipulation and my ongoing attempts to find value in visceral techniques for structural work. There is a safe and profoundly healing way of working with the fascia of the viscera that greatly helps with the goals of structural integration. Any fixation in the viscera can affect line, balance and ease just as a fixation in the myofascia or a joint would. By understanding the anatomy of the viscera and how to combine indirect and direct techniques we can release, balance and integrate this core fascia and further open and align the entire structure.

This class will be kept small so you will receive a lot of individual attention. Learning visceral work can be intense. We will take two days off after the 4th day to help ease the process. You will be sent study materials two months in advance of the class. This class will fill so you should register early if you want to reserve a place.

*"Liz Gaggini teaches excellent visceral workshops that I highly recommend. She has ingested the French osteopath's work and turned it into visceral work in the service of structural integration - **something we can actually use**. Her teaching style makes this work very accessible and her workshops are packed with info that you'll be "digesting" for a long time."*

-Marilyn Beech, Missoula, Montana

Information on this and other classes is always available at
ConnectiveTissue.com

Registration

Early Registration Discount: The class is \$1100 with a deposit of \$400 **received** 30 days prior to the first day of class, \$1400 with later deposit. Repeating students can take a 50% discount \$550 with early deposit, \$700 with late deposit.

Final Tuition: Your final tuition will be due to be **received** no later than 2 weeks prior to the class. Late receipt of final tuition will result in a \$100 increase in your total tuition. Information for downloading the class study manual will be sent when ever final tuition is received.

Send Deposits and Tuition: Mail deposits and tuition payments to **Liz Gaggini, Box 44-116, 2600 South Road, Poughkeepsie, NY 12601**. **Credit Card Payment:** You can pay by credit card at www.paypal.com. This is a very safe and reliable site. When you are asked where you are sending funds, give the address, **lizgaggini@gmail.com**.

Cancellations: Deposits and tuition payments are only refundable if the cancellation is received more than 30 days prior to a class. A 25% administration fee will be deducted.

Open to all practitioners of Structural Integration. Other bodywork practitioners are welcome with instructor approval. You can contact Liz at lizgaggini@gmail.com for more information.

Continuing Ed: This class offers 48 hrs of Level 2 continuing education credit with the IASI and 8 manipulation level continuing education credits for Rolf Institute certification.

Location and Lodging



These classes will be held at the Emerald Suites Hotel on South Las Vegas Boulevard in Las Vegas, Nevada. This is collection of one and two bedroom apartment suites 2 miles south of the Las Vegas strip and 10 minutes from the airport. Each has a fully equipped kitchen, premium satellite TV and high speed internet. There is a Whole Foods Market about 1 mile from the hotel We have a special rate for these classes of \$336 a week for a one bedroom apartment and \$448 a week for a two bedroom. These rates include taxes and fees. This comes to \$42 and \$52 a night. This is better rate than you will find for the same level of accommodation in Las Vegas. To guarantee this rate you should reserve more than 30 days prior to the class. Phone Emerald Suites Reservations at 866-847-2002 and tell them you want the rate for the Liz Gaggini Group. If you have any problem being given the discount rate they can contact the event coordinator, Ellen Tiller.