

Tonic Function and the Pelvic Girdle

Dates: September 19-21, 2010

Location: Lincoln Vermont

Instructors: Lael Katharine Keen

Fees: \$425 or \$325 with early registration discount

Registration: Course Coordinator--Robert Rex robert_rex@gmavt.net (802) 453-3895

Teacher--Lael Katharine Keen lael@fastlane.com.br

Credits: This course is approved for 21 Category II IASI CE Credits

Course Description: The pelvic girdle is a structure rich in connections and functions. When the term pelvic girdle is used here, it includes all structures from the psoas origin to the feet. An investigation of the pelvic girdle in movement is necessarily an investigation into the dynamics of walking and support, at many levels. In this workshop the student will learn to:

- recognize how the client's orienting preferences affect all the joints in the lower limb and through functional interventions to affect these orienting preferences.
- See and correct imbalanced patterns of movement in the arches of the feet.
- Promote integrated functioning through the "toe hinge" ankle, knee and hip joints.
- How to help the client functionally balance the relationship of hamstrings and quadriceps.
- Explore how the movement of walking activates the joints and connective tissues in the lower limbs and how to diagnose and optimize this movement.

Instructor Biography: Lael Katharine Keen is a Rolfing® and Rolf Movement Integration Teacher for the Rolf Institute®. She has studied with Hubert Godard since 2000. She also teaches Somatic Experiencing (Peter Levine's trauma work) for the Foundation for Human Enrichment, and has studied and taught Ki-Aikido for the last 33 years. She is fascinated with movement and the process through which each of us becomes more truly ourselves through uncovering the movement which is our most intrinsic and authentic potential