



# The Female Pelvis I

**Instructor: Pilar Martin**

With assistance and collaboration of Marisol Aimée Valente

**October 14 / 15 / 16 - 2022 Munich**

- In this 3 day workshop we will explore the female pelvis, a keystone in our work, from the musculoskeletal, visceral, movement and energetic perspectives.
- We will consider the ligamentous, bony and muscular structures and address the different organs of the urogenital system. Special attention will be paid to the bladder, uterus, and their potential pathologies.
- You will learn and practice simple techniques that will allow you to recognise and treat structural distortions and functional imbalances in our clients.
- Through experiential anatomy and embodiment exercises we will explore how these structures relate to each other and to the rest of our body.
- We'll create space for the understanding of "core stabilisation" and the development of skills to help ourselves and our clients in its activation and the freedom and grace that this provides.

## **Pilar Martin**

Is a Certified Advanced Rolfer™ and nurse-midwife. She trained at the European Rolf Institute in 1990. Her practice has been influenced by the work of Peter Schwind, Jean Pierre Barral, Hubert Godard and Susan Harper among others. Pilar lives in California where she practices and from where she travels to teach somatic practitioners in the U.S. and abroad.

## **Marisol Aimée Valente**

Is a Certified Advanced Rolfer™, Rolf Movement™ Practitioner, Pilates Instructor, Craniosacral and SourcePoint® Therapist. Her work has been strongly influenced by Dr. James Jealous (Biodynamic Osteopathy), BodyMind Centering® and Continuum Movement®, besides her meditation practice.



Date: **October 14 / 15 / 16 - 2022**  
Place: **Sollnerstrasse 43, 81479 Munich**  
ERA Credits: **3 SOP (2 Manipulation / 1 Elective Credits)**

Prerequisites for attending the workshop: **Female** Practitioner  
Maximum number of participants is 12

**Training Fee: € 500,-**

For participation please fill, sign and send in the registration form below!  
Looking forward to meeting you in Munich – Pilar Martin, Marisol Valente & Konrad Obermeier

**Registration:**  
**Workshop “Female Pelvis I”, October 14 / 15 / 16 - 2022**  
**Fee: € 500,-**

**We will confirm your registration after receiving your payment.  
You will receive a confirmation of participation together with your invoice during the workshop.**

The following cancellation fees apply:

Cancellation up to six weeks before start: € 50.-

Cancellation fee up to two weeks before start: 50% of the full tuition.

Cancellation less than two weeks before start or no-show: 100% of the full tuition.

A minimum number of participants is requested. If this minimum is not reached, the class can be cancelled by organizer.

***Registration:***

*I have read and agree to the conditions above and hereby register for the Workshop “Female Pelvis I” with Pilar Martin and assistant Marisol Valente*

-----  
**Name**

-----  
**Address**

-----  
**Date**

-----  
**Phone/email**

-----  
**Signature**

To complete your registration  
please scan and e-mail to:

Obermeier / Skills Institute  
Deutsche Bank  
IBAN: DE82 7007 0024 0908 1811 02  
BIC (SWIFT): DEUTDEDBMUC