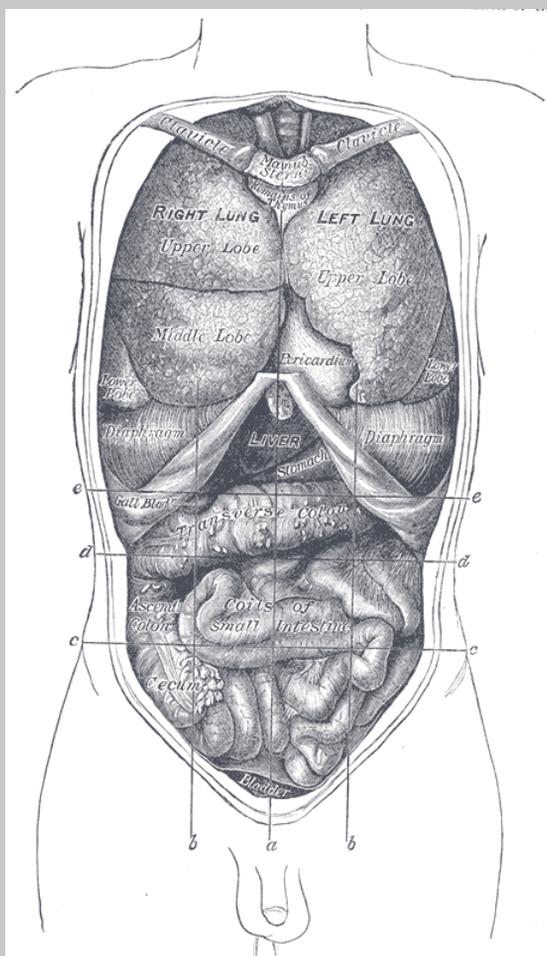


# Container & Content – Part 2 Basics of Visceral Manipulation in the Context of Rolfing

Workshop with Konrad Obermeier  
APRIL 08/09/10 - 2022 in Munich



Incorporating techniques from the Osteopathic field of Visceral Manipulation into the daily work of Rolfing can greatly improve the results of sessions.

Expanding your level of skills through Visceral Manipulation can add a very potent approach to problem solving and can contribute significantly to a deeper understanding of complex structural patterns.

From a Rolfing point of view, specifically the interface between the “Structural Container” and the “Organ Content” is of importance.

## In this workshop we will:



- Deepen our understanding of the organization of visceral anatomy and its embryological development.

- Review the most central techniques presented in the first part and refine our approach.

- Introduce the basis for 'general listening' and refine our assessment through 'local listening' to enhance our diagnostic, palpatory and treating potential.

- Look again at breathing as the central muscular activity generating visceral mobility and influencing structural deviations.

- Clarify the relationship between intra-peritoneal and retro-peritoneal structures.

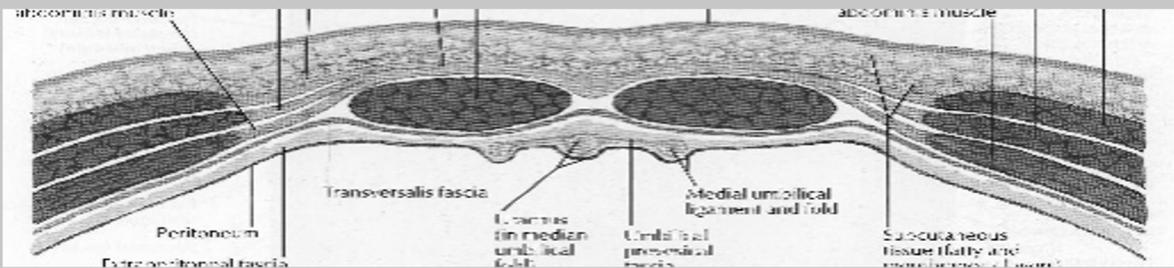
- Discuss the function of the Iliacus & Psoas and their relationship to the space of the kidneys.

- Review our assessment of sphincters.

- Introduce additional techniques for mobilizing intra-abdominal and intra-thoracic structures and apply these techniques to different visceral structures.

## We will study together with:

- ✓ Information - lectures on anatomy, on the relationship of the organs and structure;
- ✓ Body assessment – pattern identification using visual, movement and palpatory assessment;
- ✓ Hands-on – demonstrations and exchanges on practical manual techniques; introduction to local listening;
- ✓ Integration – ways to integrate visceral manipulation in our daily work.



## Logistics / Information:

Dates: **2022 – April 08/09/10**

Time: Friday 10am – 5pm  
Saturday 10am – 5pm  
Sunday 9am – 2pm

Place: **Sollnerstrasse 43, 81479 Munich**

Credits: **3 Manipulation Credits**

Participants: **Maximum 12**

Class Fee: **€ 500,-**

### **Konrad Obermeier –**

Is a Certified Advanced Rolfer™ and Movement Practitioner since 1991. Anatomy Teacher for the European Roling Association® and the Dr. Ida Rolf Institute® – Boulder Colorado. Chair of Anatomy Department. Teaches Visceral Manipulation, Anatomy and Biodynamic Embryology after Dr. Erich Blechschmidt.

