

Female Pelvis – The Cauldron of Creation



*A Journey to the Sacred Feminine -
A Workshop designed by female practitioners for female practitioners only*

**Pilar Martin & Marisol Aimée Valente
2024 – October 10/11/12 - Munich/ Germany**

A key stone in the work of Structural Integration, the pelvis is a central aspect for development and change. Specifically the female pelvis contains many mysteries and taboos and holds an enormous potential for discovery and growth.

It is the vestibule through which we enter the world - we all passed through it.

Free function(s) of the pelvis become available when aspects of locomotion, visceral integrity and nervous system activities are integrated.

Date:	2024 - October, 10 / 11 / 12
Time:	Thursday & Friday: 9.30am to 5.30pm Saturday: 9.30am to 3.30pm
Place:	Sollnerstrasse 43 / 81479 Munich
Credits:	3 Elective Credits (for Rolfers)
Class Fee:	€ 580,-
Contact:	Skills Institute rolfing@konradobermeier.de

About this workshop:

- We will address the female pelvis through its musculoskeletal and visceral aspects and explore its functional, movement and energetic perspectives;
- We will identify a “listening space”, from which we can approach the depth of this structure in an effective and safe way;
- Through experiential anatomy and embodiment exercises, we will explore in ourselves how these structures specifically relate to each other and how they generally relate to the midline, spine, legs and feet;
- We will learn ways to manipulate the different organs of the urogenital system in a way that supports the work of Structural Integration; special attention will be paid to the bladder and uterus and how to address their pathologies;
- We will clarify some aspects of "core stabilization" in deepening our embodiment and develop ways to transmit this experiences to our clients;
- We will provide a safe and sacred space to liberate and enjoy the freedom and potency that arises when our own pelvis becomes more free from inhibition, confusions and grasping.

About us: Pilar Martin and Marisol Aimée Valente



We are friends.

We've met a while ago and developed a deep student-teacher relationship.

Who is the teacher? Who is the student?

Hard to answer. We learn from the Presence of each other.

Pilar working with the body found the sacred.

Marisol following the sacred found the body.

And we met - on the sacred-body bridge.

We've been exploring the interface of the systems, where body and energy dissolve into space.

We are Advanced Rolfers, Rolfing® Mentors, Rolfing Movement® Practitioners, SourcePoint Therapy® and Craniosacral Practitioners. And we are in deep love with Dzogchen practices.

Pilar is also a nurse-midwife, she really knows the pelvis from this point of view. Her practice has been influenced strongly by the work of Peter Schwind, Jean Pierre Barral, Hubert Godard, Susan Harper and Lama Drimed, among others. Pilar is Spanish and lives in California where she practices and from where she travels to teach somatic practitioners in the U.S. and abroad.

Marisol is also a SourcePoint® Therapy Instructor. Her practice has been strongly influenced by Biodynamic Osteopathy, BodyMind Centering®, Continuum Movement and Tantra Teachings, besides her work with meditation. Born in Brazil she lives in Munich, where she works, teaches workshops, and continues to improve her practice.