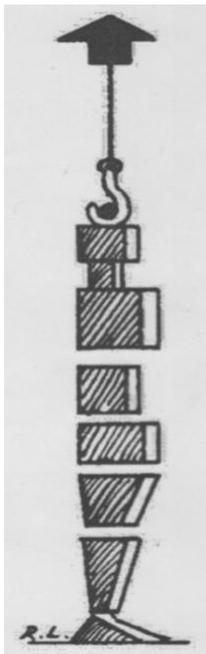
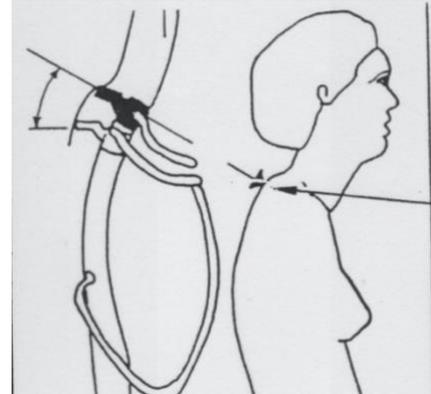


About the relationship of 'up-orientation' to breathing.

JUNE 17 / 18 / 19 – 2022

*A 3-day workshop with
Konrad Obermeier*

We understand the relationship between Structural Container and Visceral Content as acting in reciprocal ways: structural deviations compromise visceral mobility, function & health and restrictions of visceral mobility / motility compromise structural integrity.



The respiratory diaphragm acts like an anatomico-functional bridge between Container and Content.

As the powerful Scalenii are always relating to diaphragmatic activity, 'up-orientation', vestibular function and sensorial hapticity of the head are directly influenced by any given breathing pattern.

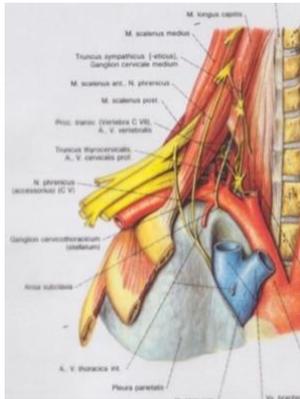
We continue our investigation on breathing and the diaphragm and put our focus in this class on **the thoracic outlet, the neck & atlas-occiput, the head and the face.**

And we will be asking a number of questions:

- * Is there enough structural support for the head / orientation from below?
- * Is the peritoneum (or retro-peritoneal space) limiting the freedom of the upper pole?
- * Are the repetitive forces of the individual breathing pattern allowing the head & neck to move independently of the chest?
- * Are visceral restrictions from the thorax influencing up-orientation?
- * Is visual, olfactory, auditive and vestibular orientation competent and supporting the neck & head & face?

In this workshop:

We will continue to explore specific ways of applying manipulative techniques to address the relationship of organs to the container and consider the peritoneum, pericard and pleura as significant factors influencing the potential of head & neck.

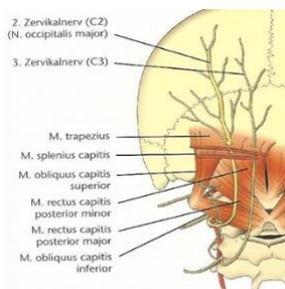


We will apply a set of techniques to address the first rib, the pleural dome, scaleni function, the brachial plexus and the neuro-vascular bundle serving the arm.

We will look at bio-dynamic embryology and discuss some developmental movements of the respiratory diaphragm and how this relates to the developing nervous system, the cranium & face.

We will discuss the stabilizing function of the respiratory diaphragm in relationship to the structural and functional integrity of the of the cervico-thoracic transit and availability of the motor- and visceral cylinder.

We understand breathing function as an “impressive” activity and tonic function as an “expressive” agent – how does this affective relationship influence cervical function and general spinal organization?



We will start to directly address peripheral and cranial nerves.

We will develop a sequence of approaches to the atlas-occiput relationship in a deepening sequence.

We will develop explorations in embodiment to experience preferences and choices of our individual breathing and orienting activity and use simple exercises /embodiments as educational tools to support manual intervention.

And we will enjoy three days learning from each other.....