

# **Integrative Strategies for Structural Integration: Shoulder and Pelvic Girdles**

**Lisa Fairman and Jonathan Martine**

Open to all Structural Integrators, Massage Therapists and manual therapists

**Dates August 3-7, 2018 in Beautiful Helena, Montana**

This 5-day workshop in Montana examines the relationship of neural-fascial restriction in the shoulder and pelvic girdles to structural imbalances and myofascial and movement patterns. When the body has nerve fascia that is restricted and fails to glide, the entire system becomes pre-occupied. Reducing this “pre-occupation” is necessary for reducing pain and restoring optimal function. Through the blending of touch and cuing, strategies will be explored that evoke and invite awareness and inform integrative movement.

We will explore through lecture, palpation, hands-on exchange and embodiment:

- Assessments for myofascial, neural fascial, joint, and movement restriction.
- How impaired nerve mobility and associated signals to the brain influence movement of fascia, joints and expression of core stability.
- Learn new approaches to tissue and joint mobilization, and re-patterning movement.
- Develop palpatory accuracy to assess and address peripheral nerve restriction from cutaneous layers through tunnels to muscular and septum pathways for lasting change, from local restriction to global function.
- Integrative strategies to apply to your structural integration sessions and home lessons for clients and practitioner self-care.

Credits: 3 CE intermediate credits and 2 Rolf Movement credits, IASI approved



## **About the instructors**

**Lisa Fairman** is a Certified Advanced Rolfer® and Rolf Movement Practitioner and has been in practice in Helena since 1998. Known for her gentle hands and clear touch she approaches her work from a perspective of evoking change and eliciting curiosity and ease. She has specialized training in trauma work and in visceral (organ) work and manipulation. Lisa is a member of the Rolf Institute Faculty in Boulder, Colorado.

**Jonathan Martine**, is a Certified Advanced Rolfer™ since 1997, Rolfing Institute Faculty member since 1993 and Rolf Movement and Advanced Faculty since 2017. Jonathan draws from the work of Dr. Rolf and her lineage holders, Steven Sanet, DO, Jean-Pierre Barral and Alain Crobier, DO, Ron Murray, DOM; PT's Michael Shacklock, David Bulter and Diane Jacobs; Chiropractor/Rolfer Don Hazen in a synthesis of neural fascial, myofascial and visceral fascial related work.

**Investment:** \$950 or \$900 early registration paid in full 30 days prior to class

Location Helena Community Yoga- Walking distance to cafes, open space, and lodging.

Registration and location information contact Lisa Fairman [lisalemur@yahoo.com](mailto:lisalemur@yahoo.com), or

Jon Martine: [jonathanmartine@me.com](mailto:jonathanmartine@me.com)

