



Introductory Evening & Two Myofascial Release Classes

with Sol Petersen from New Zealand

Free Structural Integration Introduction August 24, 19:00-20:00

Myofascial Release Techniques Class 1 : August 24, 20:00 - 22:00

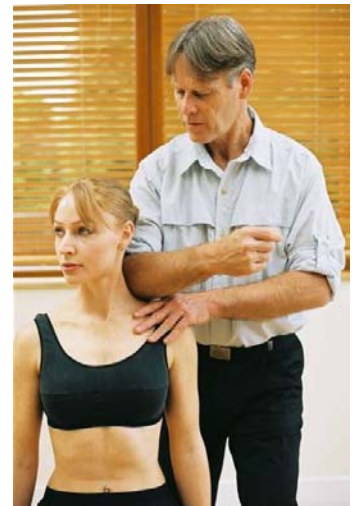
Myofascial Release Techniques Class 2 : August 26, 19:00 - 22:00

at Mana Massage og Kropsterapi, Marielystvej 1, Frederiksberg, Copenhagen

These classes provide a comprehensive introduction to myofascial release techniques and are designed for massage therapists and those interested in or experienced with fitness, physiotherapy, yoga, physical education, medicine, counselling, martial arts etc.

Participants will explore:

- Structural concepts for human design and function and movement experiences to achieve a more resilient and alive body
- Myofascial techniques for working with clients on the table, seated and standing - including active client movement participation in the bodywork process.
- Body reading – structural, functional, movement analysis.
- Ergonomics – maintaining your structural integrity as you work.
- An introduction to integrating a body psychotherapy approach
intointo manual therapies and how emotions and meaning affect the bodywork process.



Sol Petersen has been working in the field of Somatic Therapies for over 30 years.

He is a Structural Integration trainer, Aston Movement Coach, a Cranio-Sacral Therapist, a Watsu aquatic bodywork practitioner and a graduate of the Hakomi School of Experiential Psychology. In the early eighties Sol helped establish Yang Tai Ji in Denmark and organised the first Structural Integration training in Copenhagen in 1984. Sol lives in New Zealand and teaches internationally.

Private sessions in Structural Integration, Body Psychotherapy and Watsu with Sol

Available from August 20 -31.

To book a session please contact Tine Langkilde on 21458017 or email:tine@mana.dk

Tuition for Myofascial Class 1 is 300 kr. or 700 for both classes.

To register send a deposit for DKr 150 payable to Tine Langkilde, Marielystvej 1, 2000 Frederiksberg - Bankkonto: 4180 3362052939 contact Tine: 21458017; tine@mana.dk or to contact Sol Petersen: sol@theradiantbody.com, www.theradiantbody.com

Yoga practitioners, don't miss Sol's class Structural Awareness and the Yoga Body, August 27(pm), 28&29 at Strandgade 36D, 2nd and 3^d floor, 1401 Copenhagen call 32969591 or see www.yogamudra.dk