



Three Advanced Visceral Classes

*With Liz Gaggini
Big Island, Hawaii
Winter 2012*

**This series will help your visceral work become more efficient and more profound.
The classes need to be taken in the order they are scheduled.**

Review of the Basic Visceral Class – January 23-25: This will be 3 days to expand and deepen your skills in the territory and techniques taught in the Basic Visceral class. This is an opportunity to gain more confidence in areas that may have been difficult for you. It is also an opportunity to further develop the effectiveness and subtlety of your work. The interests and questions of the students will determine the class content.

Accessory Organs – January 27-29: In this 3-day class you will learn ways of working with several “smaller” organs. The gallbladder, pancreas, spleen, mesocolon will be covered. The releases in some of these areas will involve both direct and indirect work. As well, we will look at more minute parts of the urigenital and glandular systems such as the fallopian tubes, seminal vesicles, the adrenal and thyroid glands. We will also include aspects of the circulatory system, such as the pulmonary, renal and femoral arteries and veins, and the portal vein. All of these circulatory organs can transfer visceral strain from one area to another. Work with these tissues can not only help with integrative goals but can be very informative in visceral assessments.

Integrative Pathways and Advanced Indirect Techniques – February 1-3: This 3-day class will explore the connections within the visceral system that are important to the transmission of core function and support. This workshop will present several approaches for finding, opening and integrating these pathways. There is a depth of support and a profound integration in movement that the structure can find when these core connections are made. In this workshop you will also build on the induction technique you learned in the basic class. New indirect techniques will be introduced. These techniques will allow you to work with more than one restriction at a time and with more than one organ at a time. The addition of these techniques will help you create a significant harmony within the viscera and core and help you accomplish more in less time.

This class will be kept small (max 10 persons). It is open to all persons who have taken Liz Gaggini’s Core Integration class.

Basic Classes upcoming: There are two Basic Visceral Classes upcoming: January 2012 in Las Vegas, Nevada and November 2012 in Katonah, New York.

Costs and Registration

There is a \$200 bonus discount for the Hawaii Series. You can save an additional \$300 on the series with registration 45 days in advance (by Dec 19, 2011). With both discounts the cost for the nine days of classes is \$1000. If you have taken the basic class more than once, you can take the 3-Day Review class at a 50% discount. That would be another discount of \$167 off the series. If you are repeating the entire Advanced Series you can take a 50% discount making your total tuition for the series \$500. Early deposit limits apply to repeating participants.

To register send a \$400 deposit. Make checks payable to: Adaptive Alignment, LLC and mail to **Adaptive Alignment, 7582 Las Vegas Blvd. South, Suite # 345, Las Vegas, NV 89123-1060.** For credit cards use PayPal.com. For payment destination at PayPal use the address, **adaptive.alignment@yahoo.com.**

Final Tuition: Your final tuition can be sent at any time but is due to be received no later than two weeks prior to the class. Information for downloading the class study manual will be sent once the class has its minimum enrollment and your final tuition is received.

Cancellations: Deposits and tuition payments are only refundable if the cancellation is received more than 30 days prior to a class. A 25% administration fee will be deducted.

Location and Lodging

This class will be held in a vacation home on the Kohala coast of the Big Island near the town of Puako. This is the leeward (softer ocean) side of the island and out of the path of the vog (smog from the volcano). There are sandy beaches and lots of ocean swimming and snorkeling along this part of the coast.

There will a few rooms available at the class site and nearby. Because securing this sort of site requires advanced payment, until the class has reached its enrollment, all of the details will not be known. We will reserve a site with 2-4 private and sharable rooms. These rooms will all be \$60 to \$80 (share would be \$30-\$40) a night. There are many other lodging situations available in the area. There are hotels and condo buildings that can be found on sites like Travelocity. Web sites like VRBO.com and vacationrental.com will also have many homes and apartments in the Puako area. Be sure you look at the map of the Big Island so you will know the where Puako is and not get yourself situated too far away. After all, it is called the Big Island for a reason!

If you would like to have a room in the class house please say so when registering. If you would be interested in sharing in a rental car or are looking for other lodging shares also let us know when you register.

*Further information on this and other classes can be found at **ConnectiveTissue.com***

*You can email Liz at **lizgaggini@gmail.com***