



Biomechanics of Alignment

With Liz Gaggini

Katonah, New York

July and September 2012

This series teaches a full-body approach for addressing the misalignments that create pain, cause joint degeneration and which greatly disturb balance and integrated movement.

Basic to this approach is an understanding of natural alignment and how asymmetries keep us from a full expression of our unique physical potential. The classes are divided into two modules. Each module has three days in class, one day off and then, four days in class. There are manuals for each section that can be downloaded before each module.

Module 1 – July 9-11 & 14-17, 2012

Pelvis 3-Day: This class will look at the different patterns of pelvic asymmetry including the involvement of the hip joints, sacrum and low back. We will see which patterns are functional and which are dysfunctional for each unique structure. There will be a strong emphasis on various ways to see, assess and understand these patterns. We will cover the significant fascial anatomy of the pelvic floor, sacrum, hips and legs. Several ways of assessing and working with different types of pelvic alignments will be demonstrated and exchanged. Basic to this class will be an understanding of the importance of creating integration at every step of the work.

Legs and Arms 4-Day Here we will examine how dysfunction in the appendicular joints comes along with asymmetric patterns of tilt and shift in the pelvis. You will learn fascial techniques for de-rotating all of the segments in the legs, feet, arms and hands. Patterns of counter-rotation in the legs and arms must be dealt with for misalignment in the girdles to be resolved. You will see how joint misalignments are the frequent producers of chronic pain for your clients. Being able to quickly address these issues can be a great help in the progress of your work. This approach to the appendicular body will continue to include an understanding of individual natural alignment and the importance of maintaining a continuity of integration throughout the work. You will be asked to bring a skeletal model of a hand and a foot to this class.

Module 2 – September 2-4 & 7-10, 2012

Shoulder Girdle and Thorax 3-Day: This class will continue the exploration of asymmetries begun in the pelvis class with work for tilt and shift patterns in the shoulder girdle. We will look at the components of the thorax that prevent full upper body balance and integration including the interdependence of the upper ribs, clavicles and scapulas. Fundamental to this class will be an understanding of the relationships between asymmetric patterns in the pelvic and shoulder girdles. Our goal will be to understand the fundamental holism of tilt and shift patterns. Learning to resolve these patterns for the entire body “at once” vastly increases the effectiveness of any specific work and creates a profound level of balance and integration within a series of sessions.

Back and Neck 4-Day: This class is an opportunity to learn a more global approach to spinal biomechanics. Misaligned vertebrae in the spine and neck follow consistent, predictable patterns in relationship with asymmetries in the girdles. Several soft tissue techniques will be taught for releasing the rotational patterns preventing length, core motion and freedom from back and neck pain. The three-dimensional anatomy and spinal biomechanics involved in asymmetric patterns will be taught to include the ribs and anterior abdominal fascia. You will learn a “whole-torso” way to work with curvatures, whiplash and other fixations responsible for back, rib, and neck problems.

Registration Information

Costs: Save \$200 on each module with early deposits. Each 7-day module is \$1100 with a \$400 deposit received 45 days prior to the first day of the module. Without early deposit tuition will be \$1300 for each module. Participants who have previously taken these classes can take a 50% discount when repeating. Early deposit rules apply to repeating participants.

Payment: Checks made out to **Adaptive Alignment, LLC** can be mailed to **Liz Gaggini, 7582 Las Vegas Blvd. South, Suite # 345, Las Vegas, NV 89123-1060**. **Credit Cards** can be used through PayPal.com. This is a very safe and reliable site that accepts charges and e-checks in US and foreign currencies. At the PayPal site click on the Send Money tab. When you are asked where you are sending money give them the email address, **adaptive.alignment@yahoo.com**.

Deposits are refundable less a 25% adm. fee if cancellation is more than 30 days prior to a class.

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.

Classes must be taken in sequence: the sequence is Pelvis, then Legs and Arms, then Shoulder Girdle and lastly, Spine and Neck. Classes can be taken in different locations but they must be taken in sequence. This does not apply if you are repeating a class.

Continuing Education Credits are available at the Manipulation Level, one credit per day of class, with the Rolf Institute and at the Type 1 level, 6 credits per day, with the IASI.

Location and Lodging

Class location is 102 Moseman, Katonah, NY. There are private and shared bedrooms available to rent at the house. It is also possible to pitch a tent if you would prefer. Rooms will be \$75 a night for privates and \$40 a night for shared. Tent camping will be \$20 a night. There are hotels within 15 miles in Mount Kisco, NY and Danbury, CT.

Travel from New York City is 67 mins. on the Harlem Line out of Grand Central. Free shuttle is available to the class sight from the Katonah station. The best airports are JFK and LaGuardia, then The Airport Bus to Grand Central, train to Katonah and free shuttle to the class site. The closest Amtrak station is Croton Harmon with a free shuttle to the class site.

Advanced classes: There are two Advanced Biomechanics Series in 2012; one in February in Las Vegas and one in Katonah in October. Advanced Biomechanics classes are offered in the US once or twice a year on the east coast and in the west.

Information on this and other classes is always available at

www.ConnectiveTissue.com

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