

**Core Integration -
Including the Viscera in Structural Work**
With Liz Gaggini, M.A.

Las Vegas, Nevada
January 10-13 & 15-18, 2012



"I can't tell you how much of an impact the Visceral Class has had on my work. Being aware of that level of touch and sensitivity has enhanced my ability tremendously." - Michael Polon, Denver -

The fascia of the viscera has strong effects on the structure. Releasing strains in the visceral fascia can be very helpful in enhancing core transmission and organizing the spine, pelvis and shoulder girdle. This comprehensive eight-day class will cover indirect and direct work with the organs of the pelvis, abdomen and thorax. Detailed anatomy and the structural relationships of the viscera will be central to this class. We will cover both normal and abnormal mobility and motility. All of the information and techniques will be presented for working from a structural perspective. Several ways of seeing, assessing and treating visceral restrictions will be shown.

This class is the result of twenty years of my study of visceral manipulation and my ongoing attempts to find value in visceral techniques for structural work. There is a safe and profoundly healing way of working with the fascia of the viscera that greatly helps with the goals of Structural Integration. Any fixation in the viscera can affect line, balance and ease just as a fixation in the myofascia or a joint would. By understanding the anatomy of the viscera and how to combine indirect and direct techniques we can release, balance and integrate this core fascia and further open and align the entire structure.

This class will be kept small so you will receive a lot of individual attention. Learning visceral work can be intense. We will take a day off after the 4th day to help ease the process. You will be sent study materials in advance of the class. This class will fill so you should register early if you want to reserve a place.

Continuing Education: This class offers forty eight hours of Level Two continuing education credit with the IASI and eight Manipulation Level continuing education credits with the Rolf Institute.

Open to all practitioners of Structural Integration. Other bodywork practitioners are welcome with instructor approval. You can contact Liz at lizgaggini@gmail.com for more information.

"This Core Integration course is the most profound continuing education course I have taken. I now see, sense, and feel more three-dimensional connections in my clients. Many of my clients had structural patterns that were not affected by traditional SI work, because the source was a visceral restriction. When I returned home and used the techniques, their alignment improved dramatically. This workshop has deepened all aspects of my work." -Anita Boser, Seattle-

Location and Lodging

These classes will be held in a lovely gated home on the outskirts of Las Vegas. The address is **8756 Rancho Destino Road**. There are a few rooms at the house available from \$40 to \$60 a night. There are two bedrooms with double beds and one bedroom with two twin beds all with a shared bathroom. Each is available for \$40 a night. There is one private bedroom with queen bed and private bath for \$60 a night. You have use of the fully equipped kitchen, wireless internet, cable TV, laundry, pool and hot tub. Contact Liz for availability.



The Emerald Suites (866-847-2002) is nearby on South Las Vegas Blvd. which has one and two bedroom apartment suites. Each has a fully equipped kitchen, premium satellite TV, pool, hot tub, laundry and high speed internet. There rates vary from \$50 to \$100 a night but they will offer discounts for stays longer than 5 days. There is also a **Hilton Garden Inn (Hilton.com)** nearby on South Las Vegas Blvd. The rates are higher \$100 to \$125 per night.

The class house, Emerald Suites and Hilton Garden are all about 5 minutes from the airport. This will be about \$20 taxi from the airport. Both hotels are about 1 mile from the class house. There is a Whole Foods Market on Las Vegas Blvd. about 3 miles from the class house. There are buses that run along Las Vegas Blvd.

Registration

Early Registration Discount: The class is \$1200 with a deposit of \$400 **received** 45 days prior to the first day of class, \$1400 with later deposit. Repeating students can take a 50% discount \$600 with early deposit, \$700 with late deposit.

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.

Payments: Make checks payable to **Adaptive Alignment, LLC** and mail to **Liz Gaggini, 7582 Las Vegas Blvd. South, Suite # 345, Las Vegas, NV 89123-1060**.

Credit Card Payment: You can pay by credit card at **www.paypal.com**. This is a very safe and reliable site. When you are asked where you are sending funds, give the email address, **adaptive.alignment@yahoo.com**

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.

Advanced classes: There are two Advanced Visceral Series in 2012; January and February, on the Big Island, Hawaii and throughout the fall months in Katonah, New York.

Information on this and other classes is always available at
www.connetivetissue.com.