



Biomechanics of Alignment

With Liz Gaggini
Katonah, New York
August 3-6 & 9-12, 2016
or November 1-10, 2016

This class presents a whole body system for understanding how the body, as a tensegrity system, balances any one misalignment with an integrated pattern of global misalignment. These global responses affect every joint of the body in predictable ways.

In Structural Integration, with each session, we endeavor to create further integration for our clients. If we only address part of a misalignment pattern, we are often disintegrating what was, although limiting, an integrated adaptation. However, if we know where to go to interact with the entire pattern, then the changes we create in each session of a Series will be experienced by the client as a more functional and more integrated way to be.

This will be your last opportunity to study this approach to Biomechanics from Liz Gaggini. She will be retiring from teaching after November 2016.

This class incorporates all of the material from the previous 16-day format but eliminates participant exchanges of the work. There will be extensive assessment exercises, palpation exchanges and instructor demos of the work. In addition to all of the information from the previous longer format series, this class includes information from two Advanced Biomechanics classes, on working with dysfunctional patterns and cranial patterns in asymmetries.

Day 1 – Natural Alignment: You will learn to assess different skeletal types and the unique natural alignment that each structure needs to have. Several assessments based on tissue density and length, movement patterns and skeletal shape will be shown. You will learn to determine the natural alignment of structures regardless of their misalignments or dysfunctional overlays.

Day 2 – Asymmetry and Adaptive Alignment: You will learn to identify patterns of asymmetry through visual evidence, palpation and movement. You will learn the fundamental process of adaptive alignment that is the very nature of tensegrity structures. You will see how, due to adaptive alignment, a whole body asymmetry can result from just a single misaligning injury.

Day 3 – The Biomechanics of the Pelvis: You will learn the anatomy and kinesiology of the different patterns of tilt, shift, symmetry and asymmetry that can be found within the pelvic girdle. Work will be demonstrated for bringing the pelvis into balance and symmetry.

Day 4 – The Biomechanics of the Shoulder Girdle: As with the pelvis, here you will learn the anatomy and kinesiology of the different patterns of tilt, shift, symmetry and asymmetry that can be found with the shoulder girdle. Work will be demonstrated for bringing the shoulder girdle into balance and symmetry.

Day 5 – Appendicular Counter-Rotations: You will learn how appendicular counter-rotations create adaptive function. Specific assessments for all the joints of the legs, feet, arms and hands will be demonstrated and practiced. You will learn specific techniques for de-rotating segments of the legs, feet, arms and hands for creating greater adaptive range.

Day 6 – Axial Biomechanics: You will learn to apply the principles of spinal biomechanics to the entire skeletal and fascial matrix of the entire torso. You will learn palpatory, visual and movement techniques for assessing vertebrae and rib alignments. You will learn a full matrix approach for correcting the side bends and rotations of the spine and ribs that integrates with the work for the pelvic and shoulder girdles.

Day 7 – Cervical and Cranial Biomechanics: As with the torso, on this day you will learn to apply the principles of spinal biomechanics to the neck and head. You will learn to assess the side bends and rotations of the cervical vertebrae and the bony segments of the cranium and a full matrix approach for realignment.

Day 8 – Assessment and Whole Body Correction Protocols for Dysfunctional and Functional Asymmetries: One Session whole body protocols for working with functional and dysfunctional asymmetries will be demonstrated. You will see how not all asymmetries are functionally adaptive. These dysfunctional asymmetries prevent the progress of any structural integration applications. You will learn special correction protocols for transforming these dysfunctional alignments into functional asymmetries that then can be further corrected with structural work.

The information presented in this class is a whole body system for understanding how the body balances injuries with misalignments. These misalignments affect every joint of the body in predictable ways. In Structural Integration, with each session, we endeavor to create further integration for our clients. If we only address part of a misalignment pattern, we are often disintegrating what was an integrated adaptation. However, if we know where to go to interact with the entire pattern, then the changes we create will be experienced by the client as a more integrated way to be.

About the Instructor

Liz Gaggini, M.A. is an Advanced Certified Rolfer with 25 years in practice. She has been teaching and improving these Biomechanics Classes for over 17 years. She is also the author of several articles on biomechanics for Structural Integration including, “Natural Alignment”, “The Asymmetric Pelvis”, “Joint Motility”, “Dialogues in Gravity Kinesthetics” and, “The Principles of Adaptive Alignment”. These and other articles by Liz can be downloaded from at the Ida P. Rolf Library at pedroprado.com.br or from her website, connectivetissue.com.

Registration Information

Costs: \$1500 with a \$400 deposit received at least 30 days in advance, \$1700 otherwise. Persons who have previously taken the full Biomechanics Series can take a 50% discount on this class. Early deposit rules apply to repeating participants.

Manuals: Tuition includes a study manual for each class that can be downloaded once the final tuition payment is received and full class enrollment is reached. You should plan to read the manual before coming to class. You will need to bring it with you to class. Printing the manual on a color printer or having it loaded onto a laptop or tablet at class will be necessary.

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

Final Tuition is due not less than 2 weeks prior to a class. Class manuals can be downloaded whenever final tuition is paid.

Payment: Make checks payable to Liz Gaggini and mail to: PO Box 763, Katonah, NY 10536. Payment by credit card can be made at PayPal.com. At the PayPal site click on the “Send Money” tab. In the box labeled “TO”, enter the email address, lizgaggini@gmail.com

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

Location and Schedule

There is easy transportation to the area by car or train from JFK and LaGuardia Airports via Grand Central Station. Katonah is a little over an hour north of New York City. The class site is in a rural location. Shuttles to and from the train station can be provided. Class will go from 10 to 6 each day. The third page of this flyer lists lodging possibilities. Please ask if you need info on airports or trains. Class site address: 102 Moseman Ave., Katonah, NY 10536

Lodging at Class Site and Near-ish to Katonah

Lodging at the Class Site

The class site is a spacious home and property in rural New York about 1 hour north of New York City. Rooms, bivouacs and camping opportunities at the class site all include full use of kitchen, baths, bed and bath linens, strong WIFI, and a family area with full cable TV. There are usually lots of organic vegetables veggies freely offered from the organic garden and a farmers market nearby every Sunday. Reserve these lodgings with Liz when you register.

Private Rooms

Private bedroom with double bed, \$80/night
Private bedroom with single bed, \$60/night
Attic library “girls dorm” with 3 single beds, \$40/night
Basement “boy’s dorm with single beds, \$20
Bivouac in class room, \$20

Days off need to be included for class site rentals.

Camping

There are pleasant places to pitch a tent right at the class site. The property has a pond and lots of trees. You supply tent, sleeping bag, etc. (No gas fueled appliances allowed). Sheets, pillows and bath towels provided. Full use of the all in-house amenities. \$20/night. No camping available for November class.

Hotels

Bethel Best Western, 11 Stoney Hill Road, Bethel, Ct, discount for participants \$69/night, 203-744-3200 (reference Liz Gaggini Seminars)

Comfort Inn and Suites, 20 Saw Mill Road, Hawthorne, NY -- from \$123 914-592-7457

La Quinta Inn and Suites, Armonk, NY -- from \$125 914-273-9090

Days Inn, 296 Ethan Allen Highway, Ridgefield, CT -- from \$75 203 438-3781

Holiday Inn Express, 89 Mill Plain Rd., Danbury, CT -- from \$101 203-205-0800

SpringHill Suites, 30 Old Ridgebury Rd., Danbury CT -- from \$149 203-744-7333

Hilton Garden Inn, 119 Mill Plain Rd., Danbury, CT -- from \$123 203 205-2000

Inns and B & B's

Inn on the Hudson, 634 Main St., Peekskill, NY -- from \$134 914-739-1500

Crabtree's Kittle House Restaurant and Inn, 11 Kittle Road, Chappaqua, NY -- from \$147 914-666-8044

Alexander Hamilton House, \$9 Van Wyck St., Croton on Hudson, NY – from \$130 914-271-6737