

day one

The Massage Therapist and the Pelvis

As a massage therapist you are in service of the client. You listen, not only with your ears, but with your whole body to what the client needs and translate this in the session into a dialogue between your hands and the client's body.

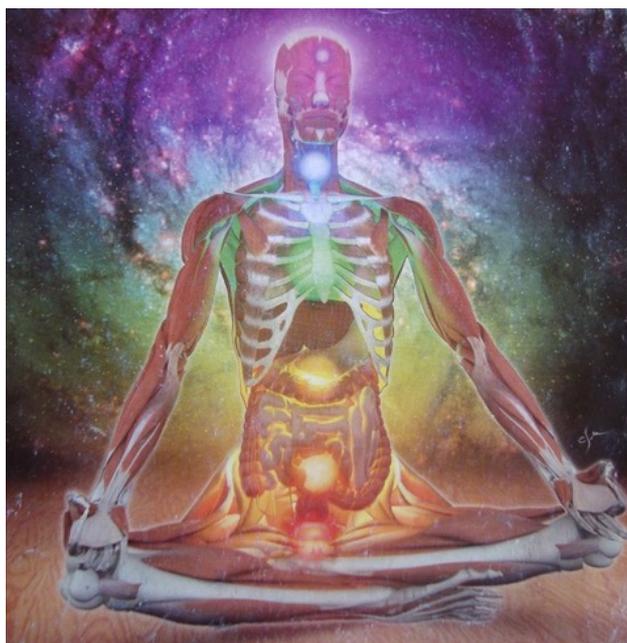
In order to serve fully and be able to deliver personal and high-quality massage treatments it's essential that you as therapist are at the same time grounded and open. We say it's 50% giving and 50% receiving. That's an ideal percentage.

How to do that in the daily reality as a massage practitioner? Is it easy for you to be clear about your boundaries? To take care of yourself AND fully serve your client?

The secret lies in a balanced **self-care** to nourish yourself: from that place you can be there to serve your client in a grounded and open way.

What does the Pelvis have to do with that?

The Pelvis is literally a birthplace and a place of home, it's the connection from your spine into your legs and feet. We will gain insight about the anatomical build of the pelvis, muscles of the pelvic floor and the psoas iliacus – and connect it to the energetic function of the chakras. The focus will be on creating a self-care routine that supports you during your work at the massage table. It's both very practical and energetic: the fluid connection between pelvis, legs, feet awakens the highway from the earth into your center – and from there into your hands!



Why?

When we are not aware how to move from the pelvis, “the light there is not on” or when there are blockages you can get pain and tension. For instance: when you either are not aware of or don’t have the tonus in your pelvic muscles – especially the iliacus psoas and your pelvic floor muscles – and how that relates through your legs down into the ground, it can happen that you compensate and compromise the body: you pull up the shoulders or sag in the lower back which results in tension and pain in the shoulder and lower back area.

Here is a short film (1.32min) for an introduction: <https://youtu.be/HVsOvvXvvMw>

Benefits

- a solid support in your pelvis = work with ease and flow in your upper body
- prevent lower back pain
- strengthen the connection between your front and your back muscles in the pelvic area

What to expect? What will we be doing during the workshop?

- Warming up with dancing and shaking to get into the body
- Lecturing by Claudia on the subject with the use of her skeletal assistant
- Studying to gain insight into the deeper layers in the body
- Connecting the anatomical side with the chakras
- Taking time to write down impressions and experiences
- Discovering the iliacus psoas in the pelvis in your own body, safe and in your own pace and using specific touch, translating the visual image into an embodied experience
- Breathing to support the body movements and energetic connections
- Distinguishing when to do which exercises
- Translating lessons learned during the workshop to your daily life and massage practice

For whom?

This workshop is for massage therapists, body workers who’d like to understand on a deeper level the anatomy of the pelvis and the connection between muscle, bone, fascia, nerve and the energetic currents that web the systems together. The focus is to build a self-care routine based on this knowledge that supports you at the massage table.

It’s also beneficial for everybody who works on their legs and wants to gain more detailed and practical awareness of how to move from the pelvis in a healthy and pleasurable way.

A discovery journey inside your body: both men and women are welcome!