

day two

The Client and the Pelvis

The Pelvis and the Pelvic floor are very often connected to deep emotions, they tend to hold tensions and/or are simply parts of the body that have not been given the attention they deserve.

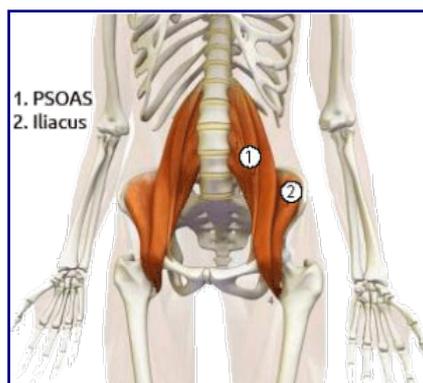
This second day of the workshop is devoted to support your client in questions related to the pelvis and the psoas. This can apply to what interventions you choose at the massage table, but also to support your client in daily life to take self-responsibility for their home base: the pelvis. They will become able to do so by gaining more awareness and by obtaining practical tools, to live and move from that home base.

Some parts will be a repetition and deepening of day one, with the focus now on supporting your client.



For example

- how to find the psoas
- self-exploration/anatomy: psoas, pelvic floor - different build women and men
- what to do when the psoas is too tight/too loose
- connect the lower part of your body energetically to your upper part – and vice versa
- become more aware of sensuality and sexuality: the potential and the blockages



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 interventions in your massage practice and your client's daily life

For whom?

This workshop is for massage therapists and 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 support your client in questions they have related to the pelvis and the psoas. It's about building a dialogue and having interactive treatments/exercises that help the client to become more aware of the pelvic floor and the psoas, using the ritual of embodied consent in the treatment (feel in your body what is ok and what is not ok).

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!