

## 18-Hr Psoas Depths Workshop ~ Copenhagen Denmark

FORDYBELSE OG PSOAS..  
WORKSHOPPEN FOREGÅR PÅ  
ENGELSK

3-Day Psoas Depths Workshop – OPEN TO EVERY BODY



This 3-Day (18-hour) workshop provides the time for delving deep within your core to explore the healthy functional Psoas. You will learn through experience how your Psoas affects skeletal integrity, joint rotation, muscular tension, breathing, emotional expression, and organ functioning. You'll discover the Psoas and its role in the survival response (flee/fight/freeze) and begin a dialog between the Psoas, enteric brain, and autonomic nervous system. Understanding the iliopsoas complex improves healing, movement, and fitness protocols, reduces stress, and is an integral key to resolving trauma.

The workshop includes:

- Understanding the function of the Psoas muscle on all aspects of well-being
- Practical experience sensing, releasing, toning, and lengthening your own Psoas
- Exploring the energetic/emotional/spiritual dynamics of physical core
- Recognizing the dysfunctional Psoas as an expression of TRAUMA
- Gaining options for recovering and maintaining a healthy Psoas muscle
- Applying ideas to everyday movement; sitting, driving, and walking
- Applications for Pilate, yoga, exercise, dance, massage, bodywork, martial arts...



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RECOMMENDED READING: The Psoas Book by Liz Koch

CANCELLATION POLICY ~ All European workshops registrations are final and have no refunds. Please read my complete cancellation policy available online before registering. If there is a waiting list, a transfer fee will apply.



### National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) Approved

This Workshop is approved by the National Certification Board for Therapeutic Massage & Bodywork for **18 hour(s)** of continuing education credit (CEU). For more information on the NCBTMB, please visit their [website](#).

#### Workshop Location:

Gotvedskolen Studio

#### Workshop Notes:

#### Workshop Dates & Times:

1. June 26, 2015 (1:00 pm to 6:00 pm)
2. June 27, 2015 (9:00 am to 5:00 pm)
3. June 28, 2015 (9:00 am to 3:30 pm)

#### Workshop Registration:

You can register for this Workshop online. **Early registration is available for \$522.00 until May 28, 2015.** Registration is \$630.00 after May 28, 2015.

[REGISTER >>](#)

Kontakt mig gerne for yderligere information om workshoppens indhold, sproget eller andet.

På gensyn i København

Lene Uttrup