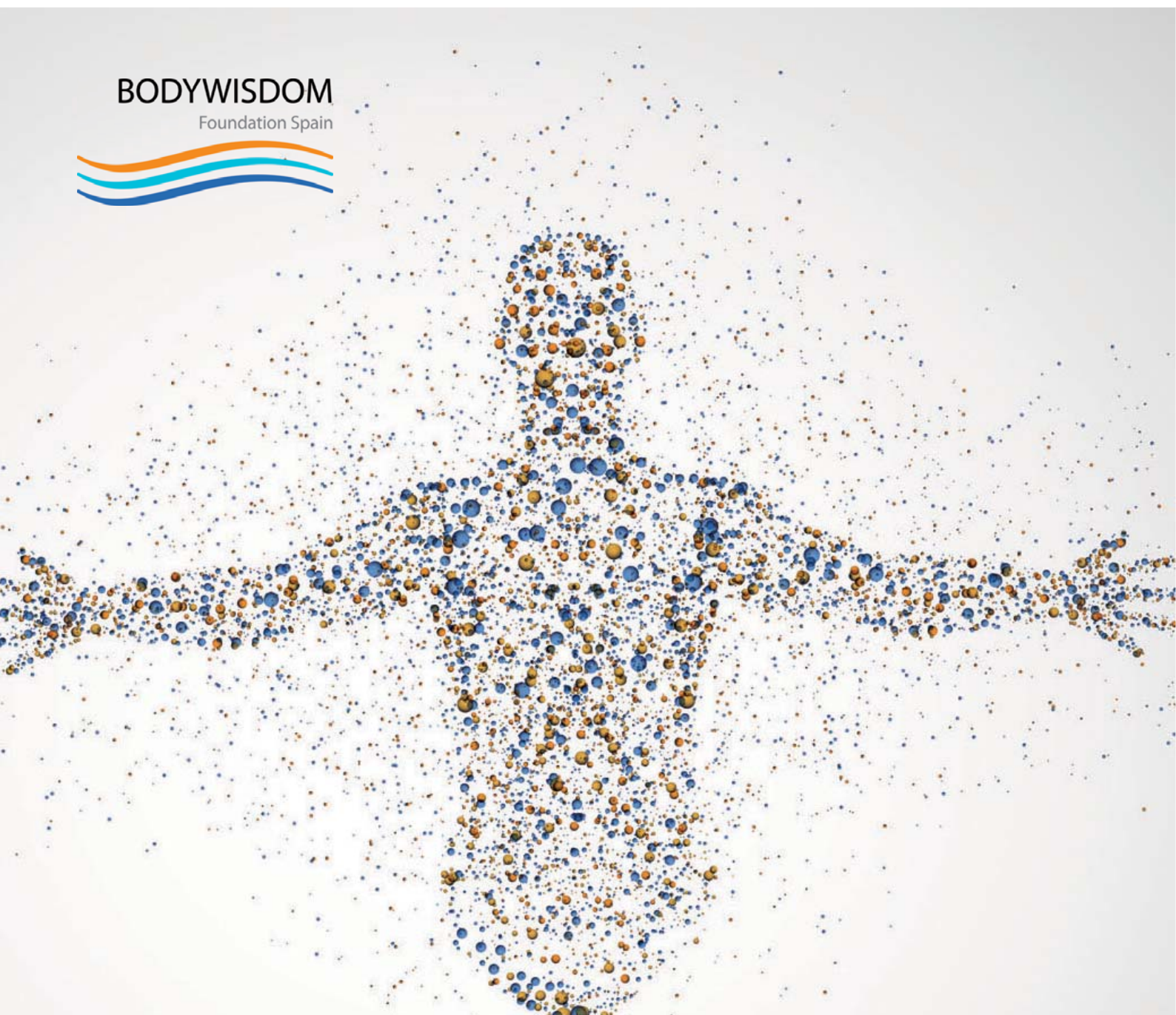


BODYWISDOM
Foundation Spain



III INTERNATIONAL CONGRESS BODYWISDOM SPAIN
“Vital connections: the essential function of
fascia in movement and structure”

JUNE, 6/7 2014



Welcome! We're happy to greet all of you with open arms. Our interest for communicating and spreading new discoveries in manual and movement therapies brings us together again for our third Congress, BODYWISDOM SPAIN 2014.

Our theme for this edition is:

“Vital Connections: the essential role of connective tissue in structural integration and movement”



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WHAT: CONGRESS 2013

More advanced manual and movement therapies are practically creating a revolution regarding the way of looking at the human body and human being, and all of them have connective tissue as the common factor, and, more concretely, fascia as their specialization.

As the word “connective” tissue implies, it connects everything, thereby connecting organs from the inside out, to the nervous system, from the inside out, and so on. In practice it can be complicated to understand and particularly to describe its extraordinarily developed complexity. For this reason at Bodywisdom, our Congress format does not only center on theory. It offers participants to have the opportunity to learn first-hand in seminars where they can put the latest discoveries into practice while engaging in debate and discussion with other participants about all new information.

It is clear that the shift towards a more realistic conception of the human body does not come about suddenly. **BODYWISDOM SPAIN** wants to lead the way with new proposals which the latest investigations, both scientific and clinical, offer us, and advance a greater understanding of the human being and share this knowledge with more people.

In turn, new discoveries in the field of neuroscience confirm and explain results which in the past had no explanation and are leading us towards a more real understanding of the human being. Bodywisdom’s holistic vision regarding the human being focuses beyond the complex physical body, taking into account that a human being is much more than a physical being. This vision incorporates knowledge from other fields such as Zen Buddhism, psychology and working with perception, physical and movement education, nutrition and eating habits, and this is how we create bridges of understanding among different points of view with one common theme: **VITAL CONNECTIONS.**



WHO IS THIS CONGRESS FOR

Doctors, physical therapists, manual and movement therapists, Yoga, Pilates and Tai Chi teachers, psychologists, and all those who are interested in getting to know firsthand the potential of integrative treatments on personal health and well-being.



BODYWISDOM FOUNDATION

A FASCINATING GATHERING

Our invited speakers will offer presentations related to fascia and Structural Integration and movement, with their touch of originality and plenty of compassion. Seminars will be offered pre and post Congress.

Some of the confirmed presenters are **Sharon Wheeler** (USA), **Dr. Robert Schleip** (Germany), **Dr. Jader Tolja** (Italy) **Dr. Menchu Sacristán** (Spain), **Master Zen Dokushô Villalba** (Spain), **Michael Kellenberger** (Switzerland), **Sol Petersen** (New Zealand), **Brigitte Hansmann** (Germany), **Helena Barquilla** (Spain) and **Jennifer Kaiser** (USA).

Benicassim, city of sea and mountains, is the host again for this event, since it offers an exquisite landscape for learning and enjoying. Our locality is committed to being

an international meeting point for doctors, psychologists, physical therapists, manual and movement therapists, Yoga, Pilates and Taichi teachers, and for everyone who wants to know firsthand the potential of integrative treatments for health and well-being.

We feel confident that all participants and their companions will have an unforgettable experience with the Congress combination format of theory/practice, which in turn incorporates the local culture and gastronomy.

We feel optimistic that in time we will become an international reference for health tourism.

We look forward to seeing you!

Warm regards.

Bibiana Badenes, Sol Petersen and Irene Borén.



BODYQUARTERS

Benicassim has been a designated tourist spot for more than a hundred years. The fine sand, lightly sloped beaches, crystalline waters and numerous facilities continue to be a chosen destination for thousands of people. With the natural park "Desert of Palms" as the background curtain, there are endless sites to see. Culture and leisure, activity and rest are simultaneous possibilities.

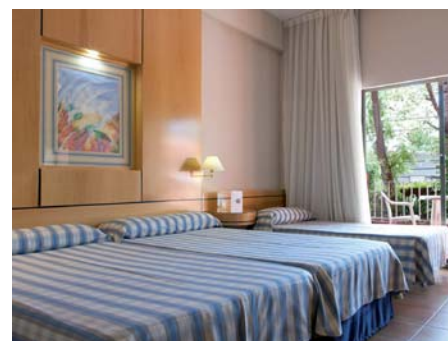
www.benicassim.org

ACCOMODATION

HOTEL INTUR BONAIRE 4*
Avda. Gimeno Tomas, 3. Benicàssim

Located 110 meters from Heliópolis beach and just 15 minutes from the center of Castellón, Hotel Intur Bonaire offers all the comforts of a 4 star hotel in a gorgeous environment. Located in a residential zone of Benicassim quite close to the city center, it's deal for tourism and business trips. Hotel Intur Bonaire exemplifies comfort and quality service, and our clients have access to all the comforts necessary for an unforgettable stay.

bonaire@intur.com · www.hotelinturbonaire.es



PROGRAM

Wednesday 4

09:30 h. - 18:00 h. WORKSHOP PRE CONGRESS: *"Integrating Scar Tissue in the Fascial Web"*. Sharon Wheeler (USA).

Thursday 5

9:30 h. - 18:00 h. WORKSHOP PRE CONGRESS: *"Integrating Scar Tissue in the Fascial Web"*. Sharon Wheeler (USA).

Friday 6: CONGRESS

08:45 h. - 09:30 h. Distribution of credits

09:30 h. - 10:00 h. Inauguration and remarks by local authorities. Welcome and opening remarks by Bibiana Badenes (President of Bodywisdom Spain) and Sol Petersen, logistics and organization.

10:00 h. - 11:00 h. *"Scars and connective tissue: integrating scars in the fascial web"* **Dr. Sharon Wheeler**, Advanced Rolfer (USA).

11:00 h. -11:30 h. Morning Break

11:30 h. - 12:30 h. *"The true body according to Buddhist Zen"* **Master Dokushô Villalba**, founder of the spanish Zen Soto Buddhist community and Abbot/founder of the Zen Monastery Luz Serena (Spain).

12:30 - 13:30 h. *"Connective tissue and its clinical application. Nutrition as tool"* **Dr. Menchu G. Sacristan**, specialist in Connective tissue. Licensed in Medicine and Surgery Director of the Leonor Sacristán Medical Center specializing in Aponeurological Surgery.

13:30 h. -15:30 h. Lunch at Hotel Bonaire

15:30 h. - 16:45 h. Workshop: *"Fascial fitness in the practice of Yoga and Tai Chi"* **Sol Petersen**, certified in Physical Education and Structural Integration, Tai Chi teacher (New Zealand).

PROGRAM

16:30 h.- 16:45 h. Break

17:00 h. **Workshop:** *"Self-care and fascial manipulation through Body Rolling"* **Jennifer Kaiser and team.** Yamuna ® Body Rolling Practitioner (USA).

22:00 h. Flamenco class.

Saturday 7: CONGRESS

07:45 h. Taichi on the beach with **Sol Petersen**

09:00 h. - 10:30 h. *"Muscles do not exist"* **Dr. Jader Tolja.** Doctor and psychotherapist (Italy).

10:30 h. - 11:30 h. *"Towards a fuller understanding of the interaction between myofascial tone and water – Working with beliefs reflected in liquid crystal"* **Brigitte Hansmann,** practitioner of the Duggan French Approach (DFA) Somatic Pattern Recognition (Spain).

11:30 h. - 12:00 h. Morning Break

12:00 h. - 13:30 h. TELECONFERENCE: *"New fascial research findings, clinical applications"* **Dr. Robert Schleip,** Doctor of Human Biology. Rolfing Professor (Germany).

13:30 h.-15:30 h. Lunch at Hotel Bonaire

15:30 h. - 17:15 h. **Workshop:** *"Self-care and fascial manipulation through Body Rolling"* **Jennifer Kaiser and team.** Yamuna ® Body Rolling Practitioner (USA).

15:30 h. - 17:15 h. Break

17:30 h. - 19:00 h. **Workshop:** *"Moving from within, working with contact improvisation and fascia"* **Michael Kellenberger,** Certified Rolfer/Rolf movement practitioner choreographer and dancer (Switzerland).

19:30 h. Closing

21:00 h. Gala Dinner *"Discover the delights of Mediterranean Cuisine"* Flamenco and dancing

PROGRAM

Sunday 8

10:00 h. - 18:00 h. WORKSHOP POST CONGRESS: "The importance of fascial integrity and continuity on a physical as well as mental level" **Dr. Jader Tolja** (Italy).

Monday 9

09:30 h. - 14:00 h. WORKSHOP POST CONGRESS: "The importance of fascial integrity and continuity on a physical as well as mental level" **Dr. Jader Tolja** (Italy).

PRESENTERS



SHARON WHEELER

A founding member of both the Guild for Structural Integration & the Rolf Institute for Structural Integration – serving presently as mentor and teacher. Sharon has a long TEACHING EXPERIENCE: in Continuing Education Workshops for Structural Integrators: Scar Tissue Integration, and the art of Rolfing. She trained with Ida Rolf, Esalen Institute, Big Sur, CA 1970 and did her Advanced Structural Integration also with Ida Rolf, Philadelphia, PA 1979. She trained with Judith Aston Rolfing Movement by Judith Aston, in Esalen Institute, Big Sur 1971.

Sharon's Scar Work is like speaking a different language in the world of fascia. There are 20 different techniques that integrate the different qualities of scar tissue. The touch is light, relaxed, casual and painless. It is easy to learn and fun to do. Sometimes it looks a little like kneading bread dough. The cosmetic effect is delightful and the functional improvement can be profound. The improvements are permanent.



DOKUSHO VILLALBA

Francisco Dokushô, (Utrera, 1956) Zen Buddhist Master. He was ordained by Master Zen Buddhist Taisen Deshimaru and received the transmission of the Dharma by Master Roshi Shuyu Narita. He is the founder of the Soto Zen Buddhist Community in Spain. He is also the founder and abbot of the zen monastery Luz Serena, where he lives. He has translated and commented on more than thirty traditional zen buddhist texts. He has also written a dozen of his own books.

PRESENTERS



DR. MENCHU
SACRISTÁN

Licensed in Medicine and Surgery Specialist in Orthopedics.
Director of the Leonor Sacristán Medical Center specializing
in Aponeurological Surgery.



SOL PETERSEN

Sol Petersen is an advanced Structural Integration practitioner and a faculty member for Mana Integrative Therapies NZ and Europe. An Adaptive Physical Education teacher, Tai Ji teacher, Aston Movement Coach and Watsu practitioner, Sol has been working with Hakomi Body Psychotherapy since 1989 and applying his inspiration to manual and movement therapy. He has been evolving his integrative approach to human function, understanding and rehabilitation for over 25 years. Sol has developed along with Bibiana Badenes the work of Aquatic Structural Integration.

PRESENTERS



MICHAEL
KELLENBERGER

Certified Rolfer™ / Rolf Movement Practitioner™ / Dancer / Choreographer / Dance Teacher. Kreuzlingen, Switzerland.

Trained at the Tanzwerkstatt Konstanz Germany in dance performance and pedagogy, the London Contemporary Dance School in contemporary dance and choreography. DanceWEB Fellow in 2000. Since 1994 working as a freelance dancer, choreographer and teacher. Trained in Rolfing® Structural Integration and Rolf Movement® Integration. Working in private practice in Kreuzlingen and St. Gallen Switzerland. Training in dance medicine in Vienna and Ljubljana. Training in Applied Anatomy / Functional training and Myoreflextraining for dancers. Continuous training in Rolfing® Structural Integration and Rolf Movement® Integration since 2006. Member of tamed Tanzmedizin Germany, since 2011. Member of idocde platform for dance and movement teachers.



BRIGITTE HANSMANN

Brigitte Hansmann is the founder and director of ermie, the studio for breathing, movement and structural integration, in Barcelona, Spain and works there in private practice as a practitioner of Duggan/French Approach (DFA) Somatic Pattern Recognition, a Board Certified Structural Integrator, and an Archetypal Pattern Analyst. She is a member of the faculty in practitioner trainings in DFA Somatic Pattern Recognition. She is the author of books and articles about breathing and movement in the gravitational field of Earth published in Spanish as well as of a few articles published in English. Brigitte is a Buddhist practitioner under the guidance of the Supreme Matriarch of the Yun Hwa Denomination of World Social Buddhism, Ji Kwang Dae Poep Sa Nim for over 25 years. She has a degree in Applied Linguistic Sciences of the Johannes-Gutenberg-Universität, Mainz, Germany.

PRESENTERS



DR. JADER TOLJA

PhD. Jader Tolja is a doctor, psychotherapist and teacher of experiential anatomy. The focus of his investigation has been the understanding of how the body, mind, and culture are actually expressions of one another. He began his study in 1979 at one of the first departments of psychosomatic medicine in Europe. Since then his interest has focused on the role of connective tissue as a factor of interface. He began to study advanced techniques of bodywork and movement practices, and he directed different Masters of Experiential Anatomy. He has been teaching since 1984 at public universities and private institutions in Europe and North America. He is currently Research Director at BCD Lab at the University of Bratislava.

Jader has had a long relationship with Structural Integration, Rolfing™, after having worked at the beginning of the 80's with Rosemary Feitis, Peter Melchior, Louis Schultz, Dick Dammerle, Neal Powers and other Rolfers. In 1982 he helped bring Rolfing to Italy through articles and publications. He organized the presence and work of the first Rolfers, and the start of a research program about the effects of Rolfing regarding body image, self-image and psychological change. He is the author and co-author of various books on this topic, of which Body Thinking is the most well-known and has been translated into several languages.



JENNIFER KAISER

Jen has extensive experience in body therapies: first as massage, since 1999 teaches yoga and Pilates since 2005. In 2011 I was certified in Pilates and Yamuna Hoop® Bodyrolling, and in 2013 the kettlebell. Currently working YBR providing tutoring individually and in groups and Pilates at ONCE Lives and works in Valencia.

Believe in the sustainability of the body and has experienced YBR efficiency with which we become aware of the pain and restricted patterns we have, many insconscientes, allowing the body will move better .

PRESENTERS



DR. ROBERT SCHLEIP

Robert Schleip PhD is director of the Fascia Research Group at the University of Ulm, Germany. He has been a Rolfing and Feldenkrais teacher since 1992 and is the Research Director of the European Rolfing Association. He was co-initiator of the highly successful 1st International Fascia Research Congress at Harvard Medical School, Boston in 2008, and was also involved in organising the following fascia research congress in Amsterdam, October 2009. In 2006, his PhD dissertation on 'Active fascial contractility' was honoured with the prestigious Vladimir Janda Award for Musculoskeletal Medicine and his pioneering work on fascial tonus regulation was recently extensively covered in a news article in Science magazine.



HELENA BARQUILLA

Certified Teacher of Gabrielle Roth's 5 Rhythms. Professional model that has worked for world-famous fashion brands and international magazines for more than ten years. Trained as a therapist in bodywork and techniques such as Shiatsu and yoga. Degree in Anthropology. She has studied the beliefs and healing methods of diverse South-American cultures. The practice of 5 Rhythms has, for her, brought her back to her body, and has taught her to respect it, as she says: "Thanks to 5 Rhythms I gain more awareness of myself in an organic and creative way, and I feel life more fully. I can express myself with greater freedom

every day, finding inner peace through movement." Currently Helena investigates the Anthropology of the body and has developed a consulting program for women called "Walks in Beauty". She collaborates with different universities giving talks and leading groups through the 5 Rhythm method in different locations throughout Spain.

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