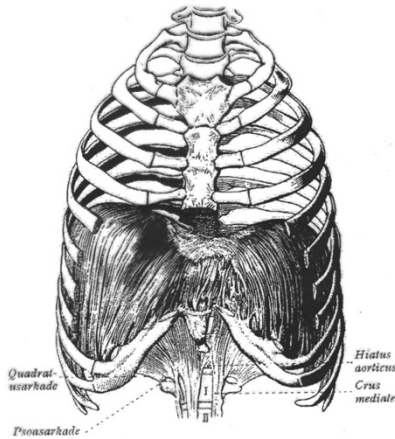


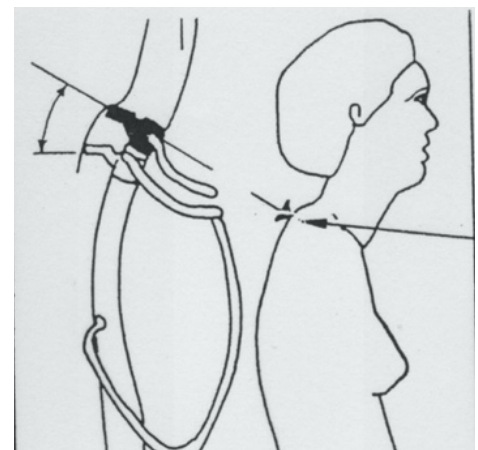
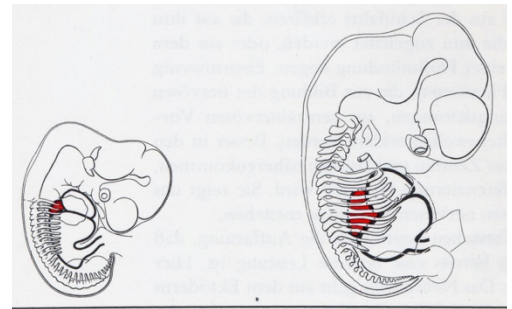
***About Breathing and the Diaphragm
A Workshop with Konrad Obermeier
Praha / 2023, June 2-4***



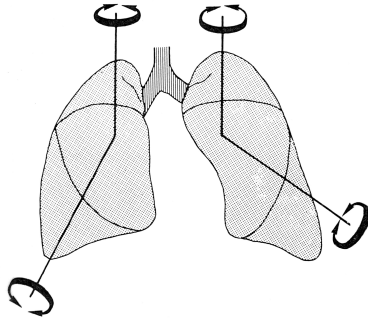
The respiratory diaphragm creates one of the most fundamental physiological forces acting in and on the human body. The continuity of repetitive patterned movements executed in breathing is contributing significantly to the structural organization of form and can contribute in a significant way to the development of structural deviations.

In this workshop:

- We will discuss the activity of breathing and the stabilizing function of the respiratory diaphragm.
- We will have a general introduction to the embryological development of the diaphragm and its most primary relationships.
- We will attempt a basic understanding of preferences in breathing and how these preferences can influence spinal organization.
- We will correlate breathing as an “impressive” activity to Tonic Function as an “expressive” agent and discuss a few psycho-emotional aspects of this marriage.



- We will examine the relationship of the structural pelvic tilt to breathing patterns.



- We will develop explorations in embodiment to experience preferences and choices of breathing activity.
- We will apply hands on techniques to address breathing patterns and the diaphragm.
- We will explore simple ways of manipulating the relationship of selected organ structures to the diaphragm.

