



Cheryl Montelle

PRESENTS

Don't Miss Out On Early Bird Special!

The Psoas Muscle & Unraveling Scoliosis
A Two Day Workshop
Taught By World Renown Psoas Expert

Liz Koch

**Add profound knowledge to your teaching toolbox
and earn 12 PMA CEC's at the same time!**

Our spine is a powerful expression of a fluid supple dynamic core and psoas. Scoliosis torques and binds the spines natural resiliency. What causes the scoliotic pattern is a mystery. More than 80% is idiopathic - origin unknown. Using the spiral embryonic model of ever changing evolving cells we begin to explore the very core of our being to elicit change in the physical expression of the spine. Through activating the functional Psoas through movement, breath, and sound we soften dense tissue and return once again to fluid connective tissue and a juicy Psoas. Exploring our essential origins we travel new pathways that offer an opportunity of fully expressing a healthy functional spine.



Click Liz's picture to visit her website

Liz Koch is an international somatic educator, and creator of Core Awareness™. With 30 years experience working with and specializing in the iliopsoas, she is recognized in the somatic, bodywork and fitness professions as an authority on the core muscle. Liz is a nationally and internationally published writer and the author of The Psoas Book, Unraveling Scoliosis CD, & Core Awareness; Enhancing Yoga, Pilates, Exercise & Dance.

At this workshop learn & experience :

- The exact location, functions & influence of the iliopsoas muscle on well-beings.
- The ability to Release, tone & stretch one's own iliopsoas muscle
- The physical, emotional and energetic pattern of scoliosis
- New possibilities for optimal alignment, proportion, stability and ease
- The internal spirals of life
- Constructive rest positions & awareness of a released and supple psoas
- Raveling in /raveling out: undulation, lateral spine movement and wave motion
- Psoas release: flexion and extension with spirals; fluidity; hydrating tissue
- Connecting to the earth: grounding through the feet
- The significance of ankles & feet; how the feet influence the rest of the body
- Pelvic organization: balancing the pelvis
- The upper body: stretching torsions with pole
- A vocabulary for educating clients
- The ergonomic principles for proper iliopsoas movement for daily comfort.

April 14 & 15 (Saturday & Sunday)

10 am - 5 pm (both days)

RIE STUDIO 121

2901 Ocean Park Blvd. #121 Santa Monica, CA 90405

**This is an intimate workshop in a lovely space, only
15 spots, don't wait, sign up today!**

Cost for two day workshop: \$425

Early Bird Special: Register By February 15: \$395

**For more information or to register contact Cheryl
Montelle:**

cherylmontelle@me.com or 323-791-2986

PMA Certified: Earn 12 CEC's

©2012 Cheryl Montelle's Events | 90046

Powered by [Mad Mimi](#)®