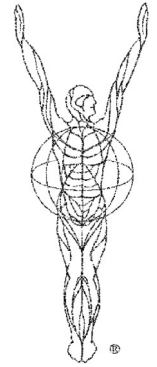


The Association for Hanna Somatic Education® , Inc. Presents:

## 2009 AHSE Convention

Thursday, May 28th - Sunday, May 31st

Institute of Noetic Sciences, 101 San Antonio Road, Petaluma



### PRE-CONVENTION DAY: Thursday, May 28th

**Continuing Education Hours** are approved by the NCBTMB for this day-long intensive of guided movement, lecture and experiential learning for bodyworkers, doctors, dancers, somatic psychotherapists and others.

#### JOAN MARIE PASSALACQUA:

#### **Anatomical Elements of Pain & Dysfunction: FROM THE NECK TO THE FINGER TIPS**

This exciting presentation will examine **the structural pathways of the nerves** that are integral to health, function, pain and dysfunction of the **upper limb**. Starting at the nerve roots in the neck, we'll explore the formation of the brachial plexus and routes of its nerves around bones and through muscles to the finger tips.

In essence, all pain is nerve pain. Our nervous system is our mechanism for feeling pain and everything else in the body. Movement requires the transmission of nerve impulses to and from our muscles, stimulating them to contract and release. When our spinal cord or peripheral nerves are injured or compromised we may feel pain, tingling, burning, lack of sensation or limitations in movement.

You'll learn the role of nerves in function and dysfunction, see demonstrations on a life size skeleton with muscles and plastic nerves, and palpate bony landmarks and muscular boundaries of nerve pathways. We'll bring it together with a focus on the characteristics, causes, treatments and prevention of **Carpal Tunnel Syndrome**.

**Joan Marie Passalacqua** is a certified massage practitioner and *founder of the Applied Anatomy Institute*. She'll be assisted by HSE trainer Susan Koenig, and Raji, the skeleton with detachable muscles. (Joan Marie Passalacqua: Applied Anatomy Institute is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider. #450456-07).

### THE CONVENTION: Friday, May 29th to Sunday, May 31st

#### Friday, May 29th

#### **HSE TEACHING TEAM: Recalibration of Lesson Two!**

Deepen your understanding of this important lesson, including innovative enhancements. **Come prepared to practice!**

#### Saturday, May 30th

#### CHARLIE MURDACH

#### **Effective Use of the Eyes, Neck & Head**

**The eyes may be the most important and least understood of our sensory organs.** The only part of the nervous system we see from the outside, a **primary function of our eyes is organizing our body for motion**. This seminar will examine the biomechanical and physiological relationships of the eyes, head and neck as they relate to the dynamic nervous system. You'll gain an understanding of the movement patterns involved in the visual system and cervical spine, and the dynamics that tie the neck and eyes together. You'll learn practical tools for working with stroke, chronic pain, vestibular and balance issues, headaches, whiplash, eye strain and more. Come prepared for an amazing day of lecture, verbal and non-verbal movement sequences, and hands on applications of Hanna Somatic Education®, The Anat Baniel Method<sup>(sm)</sup> and The Feldenkrais Method®.

**Charlie Murdach** has degrees in Athletic Training and Kinesiology and over 18 years of experience in Athletic Training, Sports Medicine and various complimentary medicine modalities. He's created multiple rehabilitation and human performance programs, and has worked in a variety of physical therapy and exercise physiology clinics.

#### Sunday, May 31st

#### BILL KEELE

#### **The Lower Leg: Bringing Balance to the Feet**

**Are you sometimes mystified by how to approach lower legs and feet?** This workshop will enhance your understanding of this part of the body, and offer some **innovative pandiculations** to use in your practice. Bill will start the day with a related movement segment, followed by a presentation of anatomy and kinesiology of the lower leg and foot. This workshop will be chocked full of demonstrations and **lots of practice time**. You will learn a wonderful lower leg sequence called *Athlete's Prayer for Tight Calves*. Bill will also offer an overview of hip flexor and hamstring work. The day will end with time to do partnered practice focusing on actual conditions. This material was created by certified Hanna Somatic Educator, Lawrence Gold (author of *Handbook of Assisted Pandiculations*), a past ASHE Convention presenter.

**Bill Keele** is a Wave 6 Graduate of The Novato Institute and is a past presenter and assistant at AHSE conventions. Bill has a teaching certificate for Viniyoga, a yoga practice that focuses on making adaptations to fit individual needs. He has taught Biomechanics and Postural Assessment, and is a licensed massage therapist. Other certifications and areas of study include Pilates, Ortho-Bionomy and Muscle Energy Technique.