

Deep Bodywork®

Healing Art of Deep Bodywork: An Introduction the Psoas, Deep Visceral Work™, and Healing Knees.





Course Rationale

This class teaches Deep Tissue skills for the certified Massage Practitioners, focusing on introductory work on the Psoas, learning Deep Visceral Work, and organizing the soft tissues supporting and moving the knee. The integration of these skills into current massage practice will be emphasized.



Main Course Content

- Understanding the structure and function of the abdomen, abdominal viscera, psoas and supporting soft tissues of the knee.
- Learning techniques freeing the superficial abdominal wall, the abdominal viscera, and psoas.
- Learning techniques freeing the supporting soft tissues of the knee.
- Working with chronic pain.
- Working with acute pain.
- Understanding the nature of a “Therapeutic Aggravation”.
- Communication skills.
- Long-term case management skills.
- Contra-indications.



Educational Goals:

- By the end of this workshop students will have learned:
- To understand the structure and function of the abdomen, abdominal viscera, psoas and supporting soft tissues of the knee.
- Deep Tissue techniques appropriate for the treatment of these areas.
- The integration of these techniques into current massage practice.
- To use subjective, and objective observational skills to assess client's needs, and develop short and long term treatment plans based upon our assessments.
- To work with cases involving acute and chronic pain.
- To understand contra-indications to treatment.
- To recognize a therapeutic aggravation



Teaching Methods, and Methods of Assessment:

Students will be taught through a combination of lecture, demonstration, direct supervision of techniques taught, and class discussion.

Students progress will be assessed through direct supervision, student and peer feedback, and question/answer sessions.



Deep Bodywork psoas Course Outline

- **1st Evening (Tuesday PM) 8:30-10:30:** An Introduction to Deep Bodywork: Setting the Learning Field.
- **Wednesday AM 9:30-1pm:** Proper Body Mechanics; Introducing the long stroke within a Deep Bodywork Context.
- **Wednesday PM 3:30-6:30:** Deepening our work on the Back Body; erector spinae; rotators of the hip.
- **Thursday AM 9:30-1pm:** Anatomy of the Major Muscle Groups of the Back Body; Understanding Connective Tissue; Review of the work on the erector spinae and rotatores of hip; the importance of the piriformis.
- **Thursday PM 3:30-6:30:** Introducing back work in the side-lying posture; Working with the fingertips the laminal groove of the thoracic vertebrae; working on the quadratus lumborum.



Deep Bodywork psoas Course Outline

- **Friday AM 9:30-1pm:** Proper Body Mechanics; Anatomy of the deepest soft tissue layers of the back: multifidus, semispinalis, short and long rotators, quadratus lumborum. Further work in the side lying posture.
- **Friday PM 3:30-6:30:** Understanding the importance of the psoas in chronic lower back pain. Techniques for releasing the psoas.
- **Saturday AM 9:30-1PM:** Further work on the psoas; understanding the nature of a “therapeutic aggravation; long term case management; supervised practice.
- **Saturday PM 3:30-6:00:** Supervised practice, question and answer and review.
- **Saturday PM 7:30- 10:00PM:** Supervised practice, question and answer and review.
- **Subday AM: 9:30-12:00PM:** Supervised practice, question and answer, closing.

[Book your place now](#)



Do you have any questions about this program?



Contact us: (+34) 650 14 54 39



masajecaliforniano@gmail.com



ESCUELA
Masaje Californiano
BARCELONA