

YogaSphere@ConnectGround

Therapist Self Care - Somatic Movement Immersion

Overview

Learn how to release your bodily adaptations that occur in therapeutic consultations using effective gentle somatic movements based on the lifework of Thomas Hanna in this experiential immersive workshop.

Hanna Somatics Education (also known as Clinical Somatics) is a safe, gentle and common sense approach to eliminating chronic muscle contraction. It is a neuromuscular training method that teaches you to reverse the root cause of most chronic muscle tension and gives you strategies to reduce muscle tension and pain in the future. Hanna Somatics movements retrain the brain and teaches awareness of what your body adaptation and habits are by addressing Sensory Motor Amnesia (SMA). SMA is the condition of chronically tight muscles that develops due to working posture, accidents, injuries, surgeries, and on-going stress. These muscles have learned to remain contracted because the brain and nervous system has taught them to. Because the brain controls the muscles, the brain must be involved in teaching them to relax, release and remember how to move again.

In this workshop, you will:

- Understand how these muscular adaptations occurs and how these habituations can become maladaptations
- Learn how to use your attention to repattern your neuromuscular patterning
- Explore ways to release habituated patterns using somatic movements
- Have resources to have basic self-care practice

Who should attend?

The movement practice is suited to all. If you have difficulty getting on or off floor, let us know, and we can accommodate your needs.

General Information

Venue/ 622 Lygon Street, North Carlton 3054 Victoria

Times/ 9.30-5.00pm

Dates/ Saturday 28th March

Cost/ \$189

Book & pay by calling the office on P: 03 9489 6300 or E: admin@gestaltcentre.org.au

Presenter Bio

Wai Ying Tham, CCSE is a widely trained and deeply committed Clinical Somatic Educator and yoga teacher with a special interest in human anatomy. Originally employed as an industrial scientist and completing a PhD in physical organic chemistry, Wai Ying switched tracks to work in ethical investment.

A diagnosis of breast cancer in her early 30s derailed her career plans, but not her embodied practices. Yoga helped Wai Ying navigate rounds of medical treatment and heal herself with self-compassion. Through her further studies of human anatomy with Leslie Kaminoff, Tom Myers, and Doug Keller she came across Clinical Somatics (Hanna Somatics). Being highly interested in functional healthy movement, she set out to apply the practice to herself in 2015. She found that Clinical Somatics managed to not only assist her in managing her existing chronic pains from injuries and surgery, but also provided her with much more effective movement to enjoy more of her life.