

## Course Schedule

### Thursday, April 8, 2010 - Day 1

- 2:00-3:30p Introduction & Lecture: Development of an Osteopathic Perceptual Field. The Common Ground Shared by Continuum Movement and Osteopathy. Sensing Our Patients vs. Sensing Ourselves.
- 3:30-3:45p Discussion in Small Groups.
- 3:45-4:00p Lecture: A "Re-Introduction" to the Phenomena of Primary Respiration.
- 4:00-6:00p Experiential Session & Discussion of Experience: The Relationship Between Primary and Secondary Respiration. Experiencing Respiratory Assistance.

### Friday, April 9, 2010 - Day 2

- 9:00-9:30a Morning Review and Discussion.
- 9:30-10:45a Lecture: The Embryologic Development of Movement. Sensing Physical Fluids (CSF, lymph, blood) vs. The Potency of Fluid. The Fluctuation of the CSF and the Potency of the Tide Are Two Different Phenomena.
- 10:45-11:15a Discussion in Small Groups.
- 11:15-12:30p Experiential Session & Discussion: Osteopathic Self-Treatment with Continuum Movement. "Doing" Movement vs. "Being" Movement. Health, Movement, and the Therapeutic Process.
- 12:30-1:30p Lunch
- 1:30-2:30p Lecture: The Mutability of Mesoderm/Connective Tissue: Bone, Membrane, Fluid – Sensing Along a Spectrum of Densities & Textures.
- 2:30-3:00p Discussion in Small Groups.

- 3:00-4:30p Experiential Session & Discussion: The Mutability of Connective Tissue. The Structure & Function of Fascial Continuity. Mobility and Motility – Voluntary and Involuntary Motion. The Voluntary and Involuntary Motions of the Sacrum Between The Ilia.
- 4:30-6:00p At Tables - Hands-on Session: This session will bring participants to the tables to sense in each other what they have learned to feel in themselves. The session will begin with a guided "Tour of the Minnow" and leave time for participants to explore diagnostic and treatment concepts as presented in the course.

### Saturday, April 10, 2010 - Day 3

- 9:00-9:30a Morning Review and Discussion.
- 9:30-10:30a Lecture: Reciprocal Tension as Viewed through Membrane, Fluid, Potency, and the Entire Body.
- 10:30-11:00a Discussion in Small Groups.
- 11:00-12:30p Experiential Session & Discussion Interspersed with Hands-on at tables: Reciprocal Tension in the Cranium and Throughout the Body.
- 12:30-1:30p Lunch
- 1:30-3:15p Lecture, Experiential Session and Discussion Interspersed with Hands-on at tables: "Potent Space." Sensing the Change of Shape of Space in the Body. The Perceptual Field Changes with the Viewpoint of the Observer. Movement, Breath, an Attention to the Space Between Things, As Opposed to the Things Themselves.

- 3:15-3:45p Discussion in Small Groups.
- 3:45-5:00p Experiential Session & Discussion: Mobility & Motility – Voluntary & Involuntary Motion. The Motility of the Central Nervous System.

### Sunday, April 11, 2010 - Day 4

- 9:00-10:00a At Tables - Hands-on Session: "Beyond the Tour of the Minnow"
- 10:00-10:30a Morning Review and Discussion of Experience.
- 10:30-10:45a Discussion in Small Groups.
- 10:45-11:45a Lecture & Demonstration: Using Movement as a Therapeutic Modality in Clinical Practice. Sensing & Promoting Well-Being and Vitality.
- 11:45-12:00p Summary & Conclusion.

**Liability Release:** Participation in this program will involve physical activity, including contact by and with instructors and other participants. This, and particularly activity involving physical diagnostics and manual therapeutics, could possibly entail risks for participants of new injury or aggravation of pre-existing conditions.

By applying to participate, the applicant acknowledges and assumes the risk associated with participating in the laboratory sessions and agrees to hold The Cranial Academy and fellow participants harmless indemnify, defend and free of liability from and against any damage or personal injury that might occur during or as a result of participating in this program. Furthermore, the applicant covenants to hold harmless, indemnify, and defend The Cranial Academy from and against any use or misuse that applicant may make at any time of any knowledge or information that applicant derives from participation in this program. The applicant should carry adequate liability insurance which would be activated in the instance of the use or misuse of this knowledge or information. Participants in the course are examined and treated by instructors following the course in case any problems arise from treatment by fellow students.

I acknowledge that I have read the Liability Release and agree to the statement.

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Signature (Required)

## The Cranial Academy Presents:

A workshop presented by: Bonnie Gintis, DO,  
Osteopathic Physician and Continuum Movement  
Teacher

As Osteopaths, we are trained to be attentive to other people's anatomy and physiology, but not to our own. One of the goals of this workshop is to provide this experience, a felt sense of many concepts that are usually only experienced while examining or treating another person. There will be lectures, discussions, and visual presentations to accompany movement, breathing, meditation explorations, and hands-on table sessions. This workshop experience can be valuable both as a form of self-treatment, and as a way to develop and deepen the diagnostic and treatment skills used with patients.

This workshop will utilize the common ground of Continuum Movement and Osteopathy to explore the phenomena of the Primary Respiratory Mechanism. Learning to distinguish the "sensory textures" of bone, membrane, nervous system, fluid, and potency, we will experience the relationship between Primary Respiration & secondary respiration, inquire into our Osteopathic sensory and perceptual development, and have the opportunity to express fluidity, vitality, and the potency of our embodied living process.

The goals of this course are:

- to develop and deepen perceptual, diagnostic, and treatment skills.
- to explore the phenomena of Primary Respiration experientially.
- to experience in one's own body, what is usually only felt while treating another person.
- to inquire into the possibility of self-treatment.

In this workshop we will explore the creative potential that is available when combining the principles of Osteopathic Treatment and the practice of Continuum Movement. Osteopathy and Continuum are both based on a philosophy that trusts in the deep wisdom of the body to be self-healing when allowed to fully express and freely organize movement. Stepping outside of our preconceived notions and the popular cultural models of what we think of as "the body" we can discover the deep inner world that is an unending resource for healing, adaptability, and change.

## Suggested Reading & Course Material:

*Engaging the Movement of Life: Exploring Health and Embodiment Through Osteopathy and Continuum*

by Bonnie Gintis, DO  
(Books are available from The Cranial Academy).

Register online at:  
[www.cranialacademy.org/curriculum.html](http://www.cranialacademy.org/curriculum.html)  
or below  
Registration Form Continuum Course

**Prerequisite for Enrollment:** Successful completion of Cranial Academy Approved 40-hour Introductory Course: Osteopathy in the Cranial Field.

**Registration Fee:** \$700.00 (members)  
\$800.00 (non-members)

The Cranial Academy has requested that the AOA Council on Continuing Medical Education approve this program for 22 hours of 1-A AOA CME. Approval is currently pending.

Name (Print) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Medical School \_\_\_\_\_

Year \_\_\_\_\_ AOA # \_\_\_\_\_

MC/VISA# \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

All cancellations must be received in writing and are subject to an administrative fee of 15% of the total registration fee if received on or before March 15, 2010. Refunds will not be made for cancellations received after April 1, 2010, or for failure to attend. There is no discount for persons not wishing to attend food functions. No personal taping is permitted. The Cranial Academy teaches the application of cranial osteopathic concepts to MDs, DOs and DDSs. It is the responsibility of ALL participants to use the information provided within the scope of their professional license.

## Deepening Your Osteopathic Perceptual Field:



## Experiencing the Phenomena of Primary Respiration Through Continuum Movement

April 8-11, 2010  
San Mateo Marriott Hotel  
San Mateo, California

Course Director: Bonnie Gintis, DO

  
A Component Society of the American Academy of Osteopathy

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