

## **Description:**

### **8 Seminar Series - 105 hrs total, 5 weekends/year**

MultiSensory Functional Integration is based on systems physiology and neurophysiology and approaches balance in the body through engagement of many kinds of sensory receptors. Some of these receptors transmit information about force vectors moving through our biomechanical chain; some relate pressure information either with fluid dynamics or compartmental pressures. The relationship of various sensory receptors to others creates a web of information, adaption, facilitation, and optimization of desired functions in our bodies across physiological systems. When we address these systems as a whole, ensuring proper sensory engagement, the compensatory systems that cause pain and symptoms in our body are no longer needed.

## **Seminar Outlines:**

### **Level 1 - First Weekend of December (Sat & Sun – 14 hrs)**

- **Basic Biological Systems Review and Tools for Engagement - 7 hrs., Sat**

Overview of the major systems and functions; physical engagement

9:00-11:00am - Neural, hormonal, immune, circulatory, digestive, metabolic, respiratory, elimination (2hr)

11:00-12:00pm- Homeostasis and stress management, survival vs. relationships, personality, habits, posture (1)

12:00-1:00pm – Lunch

1:00-3:00pm - Tension system, balancing system, weight bearing systems, pressure system, basic energetic systems (2)

3:00-5:00pm - Tools and methods for engagement and evaluation of sensory compromise; pelvic adaption viewed at the heel; finding the kind of sensory compromise, the vector of compromise, the tissue of sensory compromise; how to engage a tissue and follow a whole system (2)

- **Biomechanics – *Managing Gravity and Movement* - 7 hrs, Sun**

8:30-10:30 - Ensure force moves easily through all tissues in all major planes, rotations, oblique rotations, and translational and rotational shears from one area of the body to another, as well as axially from skin to cord in a neutral position (2)

10:30-11:30 - Restore central weight bearing ability through fibrocartilage and skeletal structures (1)

11:30-12:30 - Restore weight bearing relationships through spine with compressive, extensive, and sheering load-bearing in all vectors of motion. (1)

12:30-1:30 – Lunch

1:30-2:30 - Restore weight bearing relationships through pelvis (1)

2:30-3:30 - Restore weight bearing relationships through feet and knees (1)

3:30-4:30 - Restore weight bearing relationships through head and shoulder girdle (1)

## Level 2 - Second Weekend of February (Sat & Sun – 14 hrs)

- **Biomechanics – *Visceral, Cranial and Gait* - 7 hrs, Sat**
  - Phases of gait in pelvis for walking/running and for sports, incorporating shoulder girdle (1)
  - Fascia around nerves, arteries, veins, and lymph from a mechanical perspective (2)
  - Visceral fascia from a mechanical perspective (1)
  - Layered approach or multivariate approach (one at a time or all together in a region) (1)
  - All cranials move freely without resistance in any plane of motion, with proper coordination of movement of temporals and inner ear as well as sinus pressures as a system through motion (adaptive holding patterns in Level 2). (2)
- **Conscious Adaptation to Stressors and Immediate Demands - 7 hrs, Sun**
  - Systemic neural coordinated functions
    - Fight, flight, and parasympathetic connections (1)
    - Freeze (1)
    - Polyvagal connections (1)
  - Hormonal coordinated functions
    - Pituitary/hypothalamus/thyroid/heart/adrenal (1)
    - Pineal - pressure rel and light connections (1)
    - Pituitary/pineal - survival, reciprocal M of the body (1)
    - Thyroid/liver/pancreas (metabolism) and ovaries/testes/pituitary/adrenal (sexual protective) (1)

## Level 3 - First Weekend of April (Sat & Sun – 14 hrs) Biennial

- **Fluid/Pressure Dynamics - 7 hrs, Sat**
  - Coordination of pressure relationships for fluid dynamics (2)
    - Arterial, venous, CSF, lymphatic
  - Compartmental pressure coordination (2)
    - Body compartments, organs as compartments, lobes of lung and brain
  - Sensors of arterial and compartmental pressure, coordination of compartments (1)
    - Baro receptors and styloids
    - Diaphragm coordination
  - Compensatory system doesn't need to work as hard (1)
    - Major muscle let down
    - Local tissue pressure in important tissues like brain, cord, lungs, kidneys, and physical-complicating areas
  - Pressure relationships - other systems (1)
    - Air - balance lungs, brain, heart, head, chest, sinuses
    - Fascial planes cross body
    - Energetic pressure changes, CHE, CH, meridians
- **Biomechanical and Visual Coordination - 7 hrs, Sun**
  - Visual pathways and ROM (2)
  - Cerebellar coordination and vestibular coordination (3)
  - Coordinate all 3 to each other (1)
  - TMJ (1)

#### Level 4 - Third Weekend of May (Sat & Sun – 14 hrs) Biennial

- **Relationships to Self - 7 hrs, Sat**
  - Energetic fascial systems
    - Chakra - independent, relational, ROM, pathways (2)
    - Meridians - general and interrelationships (GB/Sp, Ht/Bld) (2)
    - Template - trauma and healing, brain waves, grounding (1)
    - Layers - independent and relational, connection to chakra, channels, and meridians (2)
- **Relationships to Environment, and Space - 7 hrs, Sun**
  - Coordination between physical weight bearing and energetic fascias
    - Channel pivots in y rotation and other ROMs (1)
    - Channel pressure, intensity, and sharing (2)
    - Connection to dorsal cord, coordination with pelvic/shoulder girdle and head in reflexive way (1)
    - Energetic axis through chakras and impact on free motion while standing (1)
    - Channel membranes in x, y, z addressing compartmentalization of function (2)

#### Level 5 - Fourth Weekend of July (Sat & Sun – 14 hrs) Biennial

- **Unconscious Adaptation to Stressors and Requirement to Survive I - 7 hrs, Sat**
  - Immune system (phases 1-13)
    - 1 - T1, 2 - T2, 3 - systemic inflammation, 4 - peace keeping (limbic/PTH/thymus) (1)
    - 5 - Whole body posterior and visceral protective fascia (1)
    - 6 - Toxins, whole body, CNS, heart (3)
    - 7 - 13 Visceral survival from gut (2)
- **Unconscious Adaptation to Stressors and Requirement to Survive II - 7 hrs, Sun**
  - Immune system (phases 14-16 plus)
    - 14 - Heart center recoil (2)
    - 15 - Olfactory dampening (2)
    - 16 - CNS/IM/pressure connection (2)
  - Integrated work with energetic fascia, immune system, neural system, hormonal systems (insula, parathyroid, thymus, pituitary and pineal) (1)

#### Level 6 - First Weekend of April (Sat & Sun – 14 hrs) Biennial

- **Active Nurturing of Body and Soul - 7 hrs, Sat**
  - Digestive (connect to CHE 4, trfr, abundance) (1)
  - CNS (IM16, ventricles to tissue, limbic/amygdala/lobular coordination) (2)
  - Hormones (all with intention/vibration, especially liver/heart/spleen) (1)
  - Energetic/perceptual (perceptual/postural F, intention F, chakras 1-4, layer 1-4) (2)
  - Frontal thalamus/brainwave (1)
- **Relationships Between Gut Biome and Brain - 7 hrs, Sun**
  - Digestive/metabolic system (liver, organs, coordinate with adrenals/ovary-testes/stress) (2)
  - Gut-brain connection (GB, vagus, parasymp/adrenal) (2)
  - Microbiome and food sensitivities, supplement/remedy testing (2)
  - Relationship to dantian, CHE 2-3, and brainwaves (1)

**Level 7 - Third Weekend of May (Sat & Sun – 14 hrs) Biennial**

- **Workshop Symptom Specific - TMJ, Cranial, Shoulders – 7 hrs, Sat**
  - TMJ/ facial relationships - neck, head, intracranial, shoulders, hips (1)
  - Intracranial pressure symptoms - compartmental, vascular, sinus, ventricular (2)
  - Physical wb, intracranial range of motion in all planes (1)
  - CNS facilitation and hormonal adaptation (1)
  - Lymphatic plexus and immune system factors (1)
  - Head/chest/shoulder girdle/pelvic coordination (1)
- **Workshop Symptom Specific - Allergies, Adrenal Fatigue, Sinuses – 7 hrs, Sun**
  - Allergies and hyper reactivity
    - Immune/CNS interface (1)
    - CNS, lung, and digestive tract reaction to toxins (1)
    - Inflammation - systemic, respiratory, gut (1)
    - Defensive reactions vs. active nurturing in the body physiologically (1)
  - Adrenal fatigue - brief overview and testing
    - Sympathetic, parasympathetic, and digestive demands on adrenals (1)
    - Immune-instinctive reactions from heart, gut, and olfactory bulb impacting adrenals (1)
    - Stored emotion, perception, and connection to energetic centers (1)

**Level 8 - Fourth Weekend of July (Sat & Sun – 14 hrs) Biennial**

- **Workshop - Integration of All Levels to Get Through All Systems More Efficiently – 7 hrs, Sat**
  - Systems hierarchy of importance vs. personal unique issue of importance - general and exceptions, iterative from weight bearing issues to underlying protective and balancing issues (1)
  - Weight bearing, energetic compartments, energetic pressure (3)
  - Diaphragms and spring, balancing centers in pelvic and shoulder girdles and head (3)
- **Workshop - Integration of All Levels to Get Through All Systems More Efficiently - 7hrs, Sun**
  - Fluid pressure dynamics, immune protective responses (2)
  - CNS and hormonal protective responses to toxic environments (2)
  - Nurturing and connection to internal and external environment (2)
  - Share most recent understandings from instructor and all participants (2)