



**AMTA-Wisconsin Chapter Education Event**  
**Anatomy Trains Structural Essentials:**  
**Fans of the Hip with Debra Dower 18 CE**



- Dates:** Friday and Saturday, November 8 – 9th, 2019, 9 am – 5 pm  
Sunday, November 10, 2019, 9 am – 1 pm
- Pricing:** \$375 AMTA Member | \$395 Non-Member by 9/30/19  
\$445 All registrations after 10/1/19
- Location:** [Fox Valley Technical College](#) Appleton Main Campus  
1825 N Bluemound Drive, Appleton, WI 54914

The Structural Essential series is a set of intensive soft-tissue technique courses divided into functional regions. Combining movement and manual techniques for the most efficient and long-lasting results and using the latest research on the interaction between skeleton, muscles, joints, and fascial proprioceptors, this series of workshops will take you to a new level in therapy.

Designed with the busy manual therapist in mind, each Structural Essentials event gives you a new understanding of the relevant area. The content will outline how the structural and functional anatomy relates to many common issues as well as to the rest of the body. Based on many new and established approaches this series will give you the skills in palpation, BodyReading and functional analysis needed for the modern multidisciplinary therapist.

### Fans of the Hip

The hip and pelvis combine to transfer the forces from two legs and into the one spine and therefore has a hugely complex role to fulfill in the body. Ida Rolf described the pelvis as 'the joint that determines symmetry' and it is easy to see why. Differences between the hips can affect down into the legs or up through the spine. Achieving balance here can be essential for long lasting results in any therapy. This course sheds light on the pelvis – the keystone of human architecture – by organizing the 20 or so muscles of the pelvis into three fans. Get specific with sensitivity.

Highlights include:

- Seeing how the soft tissue is arranged in an easy to understand pattern
- Using these fans to balance pelvic tilts and torsions
- Learning how to work accurately, effectively and sensitively with the adductors around the ischial ramus and deep lateral rotators, leading to the pelvic floor
- The psoas complex and the many variations on ideas of how it does (or does not) affect pelvic, low back and hip patterns
- Learn to balance the common rotational movements of the knee



**Debra Dower** is co-owner of [Ananda Integration and Dower Wellness](#), based out of Lancaster PA. She has over a decade of experience in the alternative health and wellness field. She and her husband, Nick, are currently spearheading the Holistic Therapy movement at Lancaster General Health/ Penn Medicine, where she is the manager of Holistic Therapy.

Debra graduated from the Lancaster School of Massage, where she now teaches Anatomy and Physiology. She is a Board-Certified Structural Integrator and completed the entire course of study at Anatomy Trains Structural Integration (ATSI). Debra is now an assistant teacher at the ATSI course and a teacher for the Anatomy Trains short courses. She has over 1,000 hours of certified yoga instructor training and teaches yoga at Evolution Power Yoga in Lancaster, PA. **NCBTMB # 053663-00**





**AMTA-Wisconsin Chapter Education Event**  
**Anatomy Trains Structural Essentials:**  
**Fans of the Hip with Debra Dower 18 CE**



**Participant Materials:** Massage Table, sheets/towels, Non-oily lotion and Specific Clothing.

During the practical portion of this workshop, participants will be asked to remove articles of clothing. (The legs, abdomen and most of the back will be exposed for palpation and technique). Therefore, we ask that you dress appropriately for you and your fellow students to feel comfortable in the classroom. Suggestions: briefs/boxers for underwear, full coverage bra, or a 2-piece swim suit work best but form fitting clothing such as running shorts, sports bra, tank top are adequate\*. \*No one is compelled to disrobe beyond their comfort level.

**Structural Essentials (SE)** The workshops are most easily absorbed in the order listed below but you can do them in any order as time permits.

1. Arches and the Legs - 3 days	2. Fans of the Hip – 2 ½ days	3. Abdomen, Chest and Breath 2 ½ days
4. Tensegrity Spine – 2 days	5. Shoulders & Arms – 2 days	6. Head, Neck & Jaw – 2 days

**Note:** It is not required, but strongly recommended taking the Anatomy Trains in Structure & Function course before taking the SE courses. Familiarity with the Anatomy Trains lines and concepts is key to getting the most from the program.

----- **REGISTRATION** -----

<b>Name:</b>	<b>Member #:</b>
<b>Address:</b>	<b>Primary Phone #:</b>
<b>City, State:</b>	<b>Email:</b>

**PAYMENTS: Credit Card Payments:** Please make credit card payments on the Chapter website at: [www.amtawi.org](http://www.amtawi.org)

**MAIL IN Check Payments:** Please make checks payable to: **AMTA-WI Chapter**

Check # \_\_\_\_\_ Total Amount Paid: \$ \_\_\_\_\_

Please mail registration form and payment by **9/30/2019** to:

**AMTA-WI Chapter** Anatomy Trains Fans of the Hip  
 % Casey Guilfoyle, Education Chair  
 7080 Lower Road, Sobieski, WI 54171

**PHONE REGISTRATION** available: Call Casey Guilfoyle 920-246-3474 for assistance.

**HOTEL RESERVATIONS: Clarion Inn Appleton 3033 W. College Avenue, Appleton, WI 54914**

Contact Clarion Inn Appleton directly at **920-731-4141** to make reservations by **October 5, 2019**.

- Please request **American Massage Therapy Association - Wisconsin Chapter** to receive the group rate. Queen \$80.00/night.
- All guest room reservations are required to have one guest 21 years of age or older occupying the room.

**REFUNDS/CANCELLATION POLICY:** Full refund, minus \$30.00 administrative fee.

No refunds will be given for cancellations less than 72 hours prior to the event.

**ADA ASSISTANCE** available upon request.

**QUESTIONS, COMMENTS, CONCERNS:** Contact Casey Guilfoyle, Education Chair (920)246-3474 [caseyguilfoyle@gmail.com](mailto:caseyguilfoyle@gmail.com)