



Spreading the wings
Visceral biodynamic work with the lungs and the thorax

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Pelago, Firenze



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This Advanced Training in Craniosacral Biodynamics is based on restoring function, mobility and motility of the lungs within their container of the thorax. It is also an opportunity to let primary respiration teach us about synchronizing with the forces of the Long Tide and be in contact with the harmony inherent to our nature.

The lungs are the center of our respiratory system, but their function is much greater than the mere exchange of gas. The rhythmic activity of respiration recapitulates elements that are intimately bound to the essential nature of the human being and with human life on earth.

Pulmonary respiration begins to play a significant role in vertebrate phylogeny only in the transition from aquatic to terrestrial life. Humans repeat this phylogenetic transition at the moment of birth. We emerge from the water environment of the womb and unfurl our lungs as wings to soar through a life sustained by air.

Respiratory rhythm is an astonishing phenomenon. The lungs are ventilated through regular rhythmic movements of the ribcage and diaphragm, but ventilation can only occur because the lungs are highly elastic and mobile. Lungs motility and elasticity is essential for the vitality of the whole system.

The importance of the vitality and motility of the lungs cannot be underestimated, especially in times of challenges, when the whole system been affected by viruses, infections, stress, irritants from the environment, lack of exercise, grief, fear and prolonged exposure to trauma.



Moreover, respiration is not limited to the intake and outpour of gas, it is a phenomenon that takes place in every cell and every organ. The lungs and respiratory passages merely mediate and rhythmically organize this all-pervasive respiratory activity.

As the biodynamic practitioner knows only too well, in addition to the rhythms of the respiratory system, there is a broad spectrum of other rhythmic functions in the body, ranging from the high frequency rhythmical processes of the nervous system, to the slow rhythms of the metabolic system.

Our breathing is a reflection of these different rhythms; a reflection of life expressing through us. It is the expression of the forces of nature, harmonizing us as a whole. Primary and secondary respiration are weaving in a continuous movement between the inside and outside. By learning to synchronize with the rhythmic expressions of our respiration, we can become aware of the sea around us, which is breathing, not just inside the client's body, but in the whole of the natural world around us.

Course content

- Skills to maintain, promote and improve the overall health of clients
- Embryological development of the lungs
- Anatomy and physiology of breathing in Health and wholeness
- Primary and secondary respiration
- Importance of Long Tide in the therapeutic process and relationship to nature

Learning objectives

In this course, participants learn to:

- Appreciate and deepen their knowledge of embryology, anatomy and physiology of the lungs
- Gain more confidence in working with the lungs and thorax
- Support mobility and motility for a better function of the lungs
- Synchronize different dimensions of respiration
- Expand the competences as a practitioner and as a breathing, living person