

# CORE I INTENSIVE

With Noah Karrasch

9<sup>th</sup> – 11<sup>th</sup> May 2012

This is the basic course of C.O.R.E. Fascial Release work. In this 2 ½ day workshop, students will learn principles of fascial release and philosophy of touch; visit and review psoas muscles, contrast muscle/fascial roadmaps, learn movement cues and stretches for client and practitioner, and receive a bibliography of suggested readings to enhance their understanding of fascia, energy, and well-being.

In addition to the above, *the primary goal of this course* will be to teach students *a practical one hour of deep tissue C.O.R.E. work* that can be modified to suit the specific case. Students will receive lecture and tutor demonstration, then practice this session in partnerships before working with outside models to anchor their learning in practical touch. C.O.R.E. I will take your bodywork to a new level!

## BOOKING DETAILS

### The Massage Training School

The Engineers' House,  
The Promenade,  
Clifton Down, Bristol BS8 3NB  
[info@themassagetrainingschool.com](mailto:info@themassagetrainingschool.com)  
[www.themassagetrainingschool.com](http://www.themassagetrainingschool.com)

01395 271610

**DATES** 9<sup>th</sup>-10<sup>th</sup> -11<sup>th</sup> May 2012

**COURSE FEE** £400 (£150 deposit)



Noah Karrasch is a certified Rolfer since 1986, advanced certification in 1991. Over the past 25 years he has developed his own style which he calls C.O.R.E. Fascial Release bodywork. CORE focuses on client participation, communication and the overriding concept that to elicit change on the outer person one must touch the appropriate layer of CORE.

Karrasch lives in Springfield, MO where he maintains a clinic. He also affiliates with the Wren Clinic in East Central London. A nationally certified continuing education provider in the US (NCBTMB), Noah teaches in the Midwestern US as well as for several schools in the UK. You may find more information about Noah at his website, [www.noahkarrasch.com](http://www.noahkarrasch.com)

Noah is also author of two books: *Meet Your Body* (Singing Dragon, London and Philadelphia, 2009) resource for bodyworkers and a handbook for clients which challenge them to learn to take care of their own bodies. *Freeing Emotions and Energy Through Myofascial Release* (Singing Dragon, London and Philadelphia, 2012) is designed primarily for the therapist, and contrasts the chakra system, Oriental medicine, common sense psychology and fascial release bodywork to create a model that enhances energy flow through clients'—and practitioners' bodies. Both books are available online through [amazon.com](http://amazon.com) or through the publisher.

## COURSE CONTENTS evening 1

- Introductions/business/ground rules
- Lecture: philosophy of touch, anatomy of fascia/connective tissue
- Assessment: 'Seeing', finding and feeling connections
- An overview of the one session all purpose recipe

## COURSE CONTENTS day 2

- Review of psoas muscle and its relationships through the body
- Specific work techniques: psoas, tibialis posterior, serratus anterior, erectors, tailbone and arms
- 'Reading Muscle Roadmaps'—a contrasting look at Anatomy Trains
- Working with deep tissue
- Tutor demo with model of CORE I session
- Partner work of CORE I session

## COURSE CONTENTS day 3

- Top Ten Hot Spots—one, two and three
- Review Standards of Practice for CORE Fascial Release
- Bibliography
- Contraindications
- Stretching at the CORE for clients and practitioners
- Work with model
- Final considerations: Creating specific approaches

**ENROLMENT FORM** *(to be sent with deposit to The Massage Training School 51, Imperial Road Exmouth EX8 1DQ) cheques payable to "The Massage Clinic"*

FULL NAME

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ADDRESS

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POSTCODE

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TEL.

E-MAIL

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WHERE DID YOU HEAR ABOUT THE WORKSHOP

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The Massage Training School [www.themassagetrainingschool.com](http://www.themassagetrainingschool.com) 01395 271610

51, Imperial Road Exmouth Devon EX8 1DQ