



Til Luchau & the Advanced-Trainings.com Faculty SPECIAL VIP GUEST

Art Riggs

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## Advanced Myofascial Techniques: "SECRETS OF THE SPINE"

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Advanced Myofascial Techniques:  
Spine, Ribs, & Low Back, Parts I & II

Advanced Considerations:  
Spine, Ribs, & Low Back, Part III



Art Riggs, Certified Advanced Rolfer™  
Body Positioning and Techniques: Improve  
Spinal Rotation and Side-bending Mobility

The Mechanics of a Soft but Powerful Touch



Larry Koliha, Certified Advanced Rolfer™, CAMT  
Free the Spine by Unlocking the Upper Ribs

The Spinal Coat Rack: An analogy for increased function



George Sullivan Certified Advanced Rolfer™, CAMT  
Aikido and the Art of Bodywork: A guide to body  
mechanics, intention and flow



Ellyn Lindquist, Certified Rolfer™, CAMT  
Freeing Our Wings: A look at repetitive stress injuries and Thoracic  
Outlet Syndrome



Bethany Ward, Certified Advanced Rolfer™, CAMT  
Spine Self Care: Better body mechanics for table work



Amy Larimer, Certified Rolfer™ & Chris Pohowsky, Certified Rolfer™  
Working the Front of the Back: How the breath effects the spine



Til Luchau, Larry Koliha, & the Advanced-Trainings.com Faculty  
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Topics and instructors subject to change. Updates at [www.Advanced-Trainings.com](http://www.Advanced-Trainings.com)