

Zoga Movement - Multidimensional Movement for Structural Balance in Gravity

Wojtec Cackowski / 1-day course in English

Purpose of a workshop is to bring swerves of participants of a possibilities to influence a structural organisation of a human body in relation to gravity through movement. Movement and manual interventions that are use to achieve more balanced structural organisation are focused on sheering neighbouring structures in relation to each other to bring more glide and fluidity of movement and defined anatomical structures in relation to each other in order to bring better relationship in gravity steer body toward neutral.

- Students will learn 3 sequences of movement that are focused around balancing lower body, upper body and integrate them with a spinal balancing and movement.
- Students will learn to asses a structural and functional organisation of a human body through tense of connected anatomy.
- They will also learn how specific and directed movement can influence spatial organisation of different segments and how to use movement to steer a body towards neutral.

Zoga is a movement concept for everyone who wants to achieve more freedom and awareness of movement and posture in 4D. It challenges all relationships of a human structure to gravity and creates many global and local vectors of movement available in a body. It uses Anatomy Trains Map to guide a proces of biomechanical interventions around myofascial tensegrity system. Yoga asanas are a functional tests and positions that are challenging different vectors of glide in between many myofascial layers. Zoga is designed to support and achieve structural Integration goals and create a change in how myofascial system is organised around the body. This change can be done through movement, guided movement and manual interventions with movement and combine all of this will structural integration approach.

Whole concept is based on connected myofascial anatomy like Anatomy Trains and other theories of continuities. It is focus on relative movement and creating shear and stimulation of mechanoreceptors through this kind of interventions. It is based on anatomy and biomechanics and is coherent with most of fascia research findings that have been presented in previous fascia research congress.

Workshop schedule:

9:00 – 10:30	Introduction and lecture
10:30 – 10:45	Morning break
10:45 – 11:15	Exampe of Structural and Functional Assesment
11:15 – 12:30	First Movement Class Lower Body
12:30 – 14:00	Lunch
14:00 – 15:00	Manual Intervention for a Lower Body in function
15:00 – 16:00	Second Movement Class Upper Body
16:00 – 16:15	Afternoon break
16:15 – 17:15	Third Movement Class – Integration
17:15 – 17:30	Comments, Questions, Completion

Logistics:

Participants will need a yoga mats, yoga blocks, blankets and comfortable clothing.

Presenter:

Wojtec Cackowski finished his degree in sport education and physiotherapy and he is also a board-certified ATSI (formerly KMI) structural integration practitioner. He has been practicing manual and yoga therapy last ten years, combining it also with myofascial therapy in the water. Happy father of two children, he lives and practices in Poland in a medical Spa where he has build a team of therapist who are using ATSI and zoga combined with physiotherapy. Combination of Yoga asanas, Structural Integration and precise manual interventions have lead to a method that influances spatial organisation of human body architecture. Apart from ZOGA and Anatomy Trains Structural Integration programs Wojtek teaches also Scarwork of

Sharon Wheeler, some clinical applications of Structural Integration for Neurological Children, in Scoliosis or structural approaches for foot specialists. He is in board of Directors in Polish Manual Medicine Association that is setting a standards and direction for development in manual medicine in Poland.