

# Content Spontaneous Release

Depending on the exercise and the intended objective, we work in groups of 2 and 3 people. As a rule, every exercise is attempted 2-3 times. Space and time are also provided for discussing individual questions.

## Day 1

- Technical principle of diagnostics - the tender point
- Technical principle of correction - the parameters
- Only a neuro-physiological approach?
- Framework of the concept of "cranio-vertebro-sacral system"
- Cranio vertebro-sacral system 1:
  - Pelvis
  - Lumbar spine

## Day 2

- Cranio vertebro-sacral system 2:
  - Thoracic spine
  - Cervical spine
  - Neurocranium
- Framework of the concept of "visceral system"
- Visceral system 1:
  - Pelvis
  - Hip

## Day 3

- Visceral system 2:
  - Knee
  - Ankle-foot
  - Thorax (Ribs)
  - Shoulder
  - Elbow
  - Wrist-hand
  - Viscerocranium

## Day 4

- Framework for the concept of "locomotoric system"
- Practice- Synthesis

NOTE: during the practical sessions it is not the intention to study all Tender Points individually. A selection is made per region within a certain system based on specificity or reference for others. Additional individual questions regarding the study of a certain Tender Point will always be dealt with.