

# PRESS RELEASE

## Karin Wagner to be Featured on SIconnect LIVE Online Discussion Group

**90 Minute Session: Learn how your brain is wired to respond to danger, and how overwhelming experiences can cause us to get stuck in danger-response mode. Our basic biology affects our emotions on a daily basis.**

**Boulder, CO**

**For immediate release:**

Join us for this SI-Discussion September 26<sup>th</sup> at 4 pm MDT.

This class includes experiential activities to help you feel how to monitor and consciously affect your own nervous system. Based on the work of author Peter Levine (Somatic Experiencing) and Lael Keen, CAR.

**\*\*THIS IS A CONTENT RICH CLASS with limited Q&A's and a potential to go a bit over the scheduled amount of time. It's ideal but not exclusive to those who have some background and study of the Nervous System.**

I first tried Rolfing when I graduated from college, hoping that it would help with the back pain I'd had since high school. It turned out that improving my posture through Rolfing was the key.

Not only did the 10-session series resolve the chronic back pain, it also dramatically improved my athletic ability. When I began practicing yoga, the movements felt easy and strong because my joints were better positioned and my movement was more coordinated.

Karin is a Certified Rolfer® practicing in Portland Oregon. As a local Portland resident, she embodies Dr. Rolf's vision that the practitioner is an educator, and Karin provides this to her clients and community! She is kind, fun and well versed! Hope you can make this class!

**Karin Wagner on SIconnect September 26th, 2016 4:00 PM MDT [LEARN MORE HERE](#)**

*Dr. Ida Rolf* founded the work we call Structural Integration. Over the years this body of work has continued to evolve. Words like fascia, integration, alignment, core and layers are known and used in bodywork, research, exercise, movement systems, dance, sports, psychology, etc. Her vision reaches far and has touched many.

To find out more about **SIconnect** or to view their upcoming schedule, visit the web site below.

**SIconnect offers LIVE Discussion Groups, On-demand recordings and a Private Member's Group.**  
[www.siconnect.us](http://www.siconnect.us)

**About SIconnect & Liz Stewart** Being a part of the *SI* community since 1991, I've been fortunate to learn from some remarkable people in our profession. I was profoundly touched and moved by my 10 series and movement work and like many before me, I went on to study *SI* at The Guild For Structural Integration. After graduation, I worked at GSI which gave me a chance to watch as many demo's as possible. I helped in the office, cleaned the classroom, took photos for classroom models, started assisting in classes and over time joined the Faculty to teach Basic Trainings. Eventually, I left GSI faculty to be part of the larger *SI* community, offering CE courses on Series Review to graduates from IASI approved schools. Preserving the legacy of our profession, moving forward, and having a place for us to connect is my inspiration for creating *SIconnect*. Now you have access to teachers, products and people of interest who are helping to shape our field. Besides being a perpetual student, with a wonderful private practice in Boulder, Colorado. I study group dynamics and offer supervision for practitioners individually and in small groups.

Keywords: Structural Integration, Rolfing, Bodywork, Massage, Fascia, SIconnect

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