



3' Days of Functional Anatomy

with Bodydynamic Analyst Lene Wisbom



**For Bodydynamic Student's + Practitioners
– a deepening into using the functional anatomy
as a therapist, supervisor, and group facilitator.**

The 3 main toolboxes we use – the Ego-Functions, Character Structures and Ego Aspects – gives a lot of opportunities of developing skills for yourself and your clients.

In these 3 days we will play, dance, and talk about 3 specific muscles from breast cage into the hip developed in the Autonomy phase.

- *How do these 3 muscles work together and what happens if they don't*
- *How they are developing skills to be more centered, balanced, and flexible*
- *How to revive the sense of freedom in our movements from upper to lower body*
- *Which other muscles can enhance these skills from earlier or later Character Structures*

In all my years as a Bodydynamic Therapist and teacher I have seen what it does to a person to work and deepen into m. psoas major, m. quadratus lumborum and m. piriformis – all 3 activated in Autonomy age and regulating the balance in the hip into the legs anatomically and being part of the Ego Functions Connectedness, Centering and Social Balance. How to work with them, wake them up, strengthen them or make them more flexible physically and psychologically?

Date in Denmark: May 25 - 27, 2023

Teaching place: at a beautiful Old heritage Inn/ Hotel in Vester Skerninge on Fyn - at the countryside accessible with public transport from Airport or train station.

Accommodation: at the hotel or nearby Airbnb - not included in the price – **look at next page for options**



Number of participants: between 8 – 24

For more information write to lene@bodydynamic.dk

Starters fee: 500 Kr./ 70€ after submission.

Price excl. fee: 2.485 Kr./ 335 € for all days. **Early Bird:** 2000 Kr./ 270 € before February 1.st, 2023.

Payment to: Sparekassen Danmark, DK: Reg.nr: 9070 Kontonr: 2022058552

Transfer: IBAN number: DK6090702022058552, SWIFT CODE: VRAADK21

Lene Wisbom

Certified Bodydynamic Analyst & Psychomotoric, Member of Danish Psychotherapy Union + ABP
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Teaching Place: at a beautiful old heritage Inn/ Hotel in Vester Skerninge on Fyn

Address: Vester Skerninge Kro, Krovej 9, 5762 Vester Skerninge

Transport options: By car it's easy – it's a little city between Svendborg and Faaborg on the island Fyn.

If you arrive by airplane to Kastrup, there are several options:

Train from CPH airport to Odense -> change to Svendborg Vest -> bus 931 to Vester Skerninge

or step of in Nyborg and get the bus 930/931 to Vester Skerninge – here link to [bus](#) – a more beautiful route



Accommodation:

Is not part of the fee.

Vester Skerninge Kro is an Inn/ hotel and can be booked [here](#) – remember to tell you will be part of my training.

In walking distance to the inn, a place with 3 double rooms at Lisbeth in Ulbølle for 300 Kr. per bed per night incl. breakfast – and I have asked the local community for rooms 😊 - booking via me.

It is possible to rent whole houses for 6-10 people – so write to me if you want to join a booking together.

There are a lot other Airbnb in the area – here I searched for the first [dates](#) and [Bed & Breakfast](#)