

Somato Respiratory Integration

With Dr. Tracy Kirschner

With over 20 years experience facilitating Somato Respiratory Integration in her private practice, Dr. Tracy Kirshner brings the experience of deeper connection to your inner wisdom and healing power.

With Somato Respiratory Integration you will:

- learn how to deeply connect with your breath, movement and touch
- find new sources of fuel to ignite the healing process

Saturday, March 28th

10 AM - 1 PM

What is Somato Respiratory Integration?

Somato-Respiratory Integration (SRI) is a powerful tool that is used to connect our brains' attention with our bodies through the breath. SRI is based on the book, "The Twelve Stages of Healing" by Dr. Donald Epstein. One can also see these stages as twelve stages of consciousness.

"I realized there was a whole realm of connections between the body, the breath, and the spirit that can be accessed through easy movement and breathing techniques"

Laura - Past Attendee

Location:

The Office of Dr. Brian Dickert

330 Winding River Lane

Charlottesville, Virginia 22911

Register by Phone - 434-227-7149

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Investment

\$100

- Learn to connect with your rhythms, breath and energy
- Enhance your progression in Network Care.
- Learn take home skills that support the spinal entrainment



About Tracy

Dr. Tracy Kirschner has been practicing Network Spinal Analysis since 1991. Dr. Tracy attended the first ever Somato Respiratory Integration Seminar in 1994. The two disciplines have been the focus of her personal healing and professional life ever since. She lives and practices with her husband in Boulder, Colorado and is the mother of three amazing children.

As we progress through the 12 Stages, we gain momentum and a greater energy source from which to draw upon.

The first stage of healing is suffering. It is a restriction of life force energy which can-but does not have to-show up as muscle restriction, inflammation or pain in our bodies. This locked up area has what is called “bound energy”, which we can draw upon for use in the later stages. In stage 1 we want to be able to locate, experience and verbalize the differences between areas of our body that feel disconnected and the ones that feel peaceful. The main goal of Stage 1 is to become connected to these different areas regardless of their differences. “Connecting” means to keep your attention on an area without your mind drifting. One is able to localize movement just in that part of the body and move breathe in and out in that area. This type of focused connection allows us to find parts of ourselves that we have disconnected from because it feels unsafe to experience or be in our bodies at that instance in our lives.

In the second stage of healing, we begin to recognize that there are parts that are separate from us that we forgot about. We see that we have different parts and different rhythms. Moving effectively through stage two allows these seemingly separate aspects of ourselves to co-exist. Stage two allows us to tap into “polarities” that exist in our lives. We begin to recognize contradictions within us that run our lives. We now can begin to take the charge off these areas of our bodies and their associated stress response. When our parts begin to flow rhythmically without one dominating the other, our lives unfold with more grace, ease and less conflict.

In stage 3 we begin to notice that “we are stuck”. We recognize that we have been stuck for a long time and have not been paying attention to our inner needs. We start to gain consciousness that being stuck in our bodies creates an inability to move forward in our lives. Being stuck is not a failure; it is meant to build up our resources, Just as feelings of frustration are meant as a sign to take action. The action that is called for here is to listen within and spur us on to take responsibility to create the life we want to live.

In stage 4, we “reclaim our power”. We set a new standard, and “draw a line in the sand”, which we declare we will never again cross. We realize that our perceptions, behaviors and structures were keeping us in a life that was allowing us to live less than our full potential. This may have been in regards to our health, our finances, or our relationships. Setting a new standard is the first part of Transformation. We declare our direction in life, and begin to take new actions to reach our goals.