

Additionally included in the price of the training: Script + video recording

- **The last training** conducted by Art Riggs **in Europe!**
- Celebrate the **80th birthday of Art Riggs** - MTG icon with us
- **Learn from the Master** in the holiday atmosphere of the charming Zalew Kryspinów (Zalew na Piaskach) near Krakow

Full title: “Combination of joint mobilization with soft tissue techniques as part of an integrated series of therapeutic bodywork treatments”.

Translation: The entire training will be conducted in English and translated into Polish.

Duration: 5 training days (over 40 hours).

Location: Krakow (Enedu room, Budzyń 50)

Date: 25-29.08.2025 (Monday - Friday)

Number of places: Severely limited, and acceptance is decided by the order of applications.

Course Description – Joint Mobilizations in Deep Tissue Massage

With Art Riggs – His Final Training in Poland

This is a **once-in-a-lifetime opportunity** to learn from a true master and mentor – **Art Riggs**, Certified Advanced Rolfer® and internationally renowned bodyworker. Art has announced that this will be his **last course in Poland**, choosing **Kraków** – the city where his journey as an educator in Europe began – as the final location of his teaching career.

What to expect:

This hands-on workshop focuses on advanced joint mobilization techniques integrated with deep tissue massage. The aim is to develop a holistic and intuitive approach to bodywork, moving beyond repetitive routines toward more creative, goal-oriented therapy.

You will explore how **joint restrictions affect fascia and muscle function**, and how mobilizing joints can enhance overall movement, reduce pain, and support long-term structural balance.

Who is it for?

This course is perfect for **bodyworkers, structural integrators, physiotherapists, and massage therapists** looking to elevate their skills—whether you practice therapeutic, medical, or relaxing massage.

What you'll learn:

- ✓ Practical joint mobilization techniques for various areas (spine, ribs, shoulder girdle, pelvis, hips, knees, feet)
- ✓ Integration of joint work with deep tissue techniques
- ✓ Biomechanical assessment and body reading in standing and movement
- ✓ Palpation skills for joints and soft tissues
- ✓ Immediate application in your clinical practice
- ✓ Improved efficiency and effectiveness of therapy

Special Birthday Bonus! 🎁

All participants will receive **free access** to the full video recording of Art's 2024 course "Body Reading, Planning, and Series Work" – over 20 hours of valuable content!

"The biggest transformation in my own work came after I began integrating joint mobilization techniques into my sessions. These tools enhanced my outcomes and made my practice even more enjoyable. 25 years later, I'm still learning and evolving."

— Art Riggs

This workshop offers over 40 hours of immersive, practice-focused education and direct contact with Art and his team. If you're looking for clarity, skill, and wisdom that you can apply immediately—**this is the course**.

We genuinely recommend it. And we'd love to see you there. 😊

Course Schedule

Day 1.1 – Rib Cage

- Anatomy and biomechanics of the thoracic cage
 - Mobilization of costovertebral joints in three planes
 - Techniques for releasing "stuck" ribs and improving breathing dynamics
 - Work on sternal rib attachments
 - Integration of rib mobility with spinal and shoulder function
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Day 1.2 – Foot and Ankle Joint

- Anatomy and functional movement of the foot and ankle
 - Mobilization techniques to restore balance and responsiveness in the foot
 - Addressing restrictions affecting gait and postural alignment
 - Practical strategies for improving ankle dorsiflexion, plantar flexion, and rotational capacity
 - Functional connection between the foot, knee, and pelvis
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Day 2.1 – Joint Mobilizations: Principles and Palpation

- Foundations of joint mobilization in therapeutic bodywork
- Understanding joint mechanics and typical restrictions
- Palpation training: assessing joint and soft tissue quality
- Safe application of mobilization techniques in different body regions
- Integrating joint work with existing deep tissue practices

Day 2.2 – Legs

- Mobilizing the knee joint: addressing torsional forces and tracking issues
 - Balancing muscle tension in extensors/flexors and abductors/adductors
 - Techniques for improving patella glide and overall knee motion
 - Enhancing kinetic chain function from foot through hip
 - Practical application in standing and walking patterns
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Day 3.1 – Hip: Mobility and Movement Pathways

- Palpation and assessment of hip joint mobility
 - Mobilizing the femoroacetabular joint to improve range and function
 - Soft tissue release for common hip restrictions
 - Influences of hip mobility on pelvic and lumbar dynamics
 - Restoring rotational patterns and structural balance
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Day 3.2 – Hip (continued)

- Advanced strategies for working with chronic hip dysfunctions
 - Techniques for improving gait efficiency and pelvic integration
 - Coordinating hip mobilization with sacral and lumbar function
 - Case analysis and body reading focused on lower body dysfunctions
 - Hands-on practice and therapist feedback
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Day 4.1 – Spine

- Biomechanical overview of spinal segments
 - Mobilizing the facet joints: flexion, extension, rotation, lateral bending
 - Assessment of movement loss and its compensations
 - Addressing postural strain patterns and chronic holding
 - Creating therapeutic plans based on spinal restrictions
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Day 4.2 – Spine (continued)

- Functional integration: spine with pelvis, ribs, and shoulder girdle
- Techniques for structural reintegration and improved movement flow
- Postural and dynamic body reading related to spinal alignment
- Applying spinal mobilization within multi-session strategies
- Group discussion and hands-on labs

Day 5.1 – Shoulder Girdle and Arms

- Shoulder joint mechanics and movement restrictions
 - Mobilization techniques for restoring full ROM
 - Working with shoulder impingement and rotator cuff dysfunctions
 - Functional integration of scapula, clavicle, and humerus
 - Techniques for stabilizing the shoulder in dynamic movement
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Day 5.2 – Shoulder Girdle and Arms (continued)

- Deep tissue and joint mobilization coordination
- Shoulder girdle integration with thoracic spine and ribs
- Palpation and mobilization of the elbow and wrist
- Session planning: from localized issues to full-body coherence
- Summary practice session and Q&A with the instructor

Payment Information

Amount: 3600 PLN

Recipient: Ośrodek Szkoleniowo-Wdrożeniowy Marek Szarata Sp. z o.o.

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Transfer title: [Your Full Name] – Art Riggs Course

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