

Bodywork Professional Development

Noah Karrasch returns to Scotland in May 2017



US Bodyworker Noah Karrasch, developer of CORE Fascial Release Bodywork, presented at the SMTO Conference in April 2016, and was well received with his 'Top Ten Problem Spots'. Participants were eager to have another session with him so Noah has decided to stop off, for some further teaching in Scotland. Noah will present his popular 'All Purpose Recipe' at Edinburgh Junior Academy Junior School on 13th/14th May 2017.

Included in this 2-day workshop is Noah's distillation of 30 years of bodywork: this is the recipe he has created, and still uses, often! It's good for nearly any condition, extremely modifiable to the client's need, and quite simple to understand. It's based on Noah's image of the body as a six pointed star; by opening the core tension of that star, then asking the points to unwind as well, he brings about some profound results for most clients.

Author of three books, with a fourth due by Spring 2017 (and fifth in his head, begging to be released!), Noah began his career as a musician, but on finding Ida P Rolf's book, *'Ida Rolf Talks About Rolfing and Physical Reality'*, he immediately pursued Rolf credentials, certifying in 1986 and receiving Advanced Certification in 1991. By 1994 he was teaching bodywork skills in Midwestern US as he developed his own CORE style. Circumstances led him to work and teach in London for the past ten years. He has been well received on both sides of the Atlantic.

Though Noah trained as a Rolfer, his CORE work features quite a different philosophy from Rolfing work. Many similarities exist between Rolfing and CORE, but among the differences: the client may remain fully clothed, a quicker and deeper though gentler approach to CORE, bringing movement and breath awareness to all the work, and challenging the client to be more involved in their process. Noah believes his work offers clients an opportunity to make big changes in a short period of time.

If you're looking to take your bodywork/massage skills to another level, believe in the creation of partnership with your client as they pursue their process, and accept the philosophy that change comes from the CORE, this workshop may be for you! Join us.



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Date	Workshop being attended	Cost
13 th / 14 th May 2017	Noah Karrasch - CORE I – All Purpose Recipe	£250.00 (early bird offer of £225 if booked before 31 st March 2017)
Venue	Edinburgh Academy Junior School, 10 Arboretum Road, Edinburgh EH3 5PL	

Each course requires a **non-refundable deposit of £100**

Full payment/balances should be received no later than 28 days before the course date.

Please Note – Workshop participants should bring the following, (where practicable)

- (Please tick all that apply)
- I am bringing a couch & couch cover
- I am bringing pillows, bolster and towels
- I require information on B&B

Please advise us by email if you have any special needs.

Personal Details

Name:	Signature:
Address:	
	Postcode:
Tel No:	Email:
Payment amount:	

Payment by cheque made out to: Bodyworkcpd Ltd,

Send to: 12 North Loanhead, Limekilns, Fife, KY11 3LA

By Bank Transfer: BodyworkCPD Ltd, Sort code: 83-23-25, Account no: 11679195

Please add 'Noah-Edin-your surname' as a reference so we can identify your fees and what they are for, and email us to let us know when you have processed your payment.

Please email us this completed booking form. Thanks!