Somatic Techniques for People with Chronic Injury and Disabilities *(Workshop)*  
*Stephanie Gottlob & Yuji Oka*

This workshop will give an overview of new somatic techniques that have been successful in treating adults with severe chronic injury as well as children with disabilities. Presented by Spiral Praxis founders Stephanie Gottlob & Yuji Oka, the workshop will focus on both theory and hands-on demonstrations. Through a variety of case studies, participants will learn how Spiral Praxis employs its unique bodymind models to diagnose injury and implement strategies of guided self-healing. Participants will also have the opportunity to practice somatic techniques on each other to experience Spiral Praxis in action.

The workshop will be of great interest to somatic practitioners, physical therapists, occupational therapists, and other professionals in the healing field. Over the years, Gottlob & Oka have amassed many interesting case studies illustrating the vast potential of somatic techniques to treat different human ailments. They have worked with toddlers, special needs children, individuals with cerebral palsy, athletes, dancers, and adults suffering with severe chronic pain. The presentation will be accompanied by multimedia slides, videos and live demonstrations of injury rehabilitation techniques.

**Biography:** Stephanie Gottlob & Yuji Oka have developed Spiral Praxis together for over twenty years. Their work originally began as a training system for modern dance and has now blossomed into a comprehensive bodymind system which deals with virtually every area of human endeavor. Spiral Praxis is renowned for its ability to help people accelerate their process of self-healing, assimilation, and embodiment. Gottlob & Oka have used it to help children with disabilities, people with chronic injury and pain, athletes, dancers, rock climbers, yogins, and many other aspiring bodymind explorers. Currently, Gottlob & Oka are based in Toronto, Canada where they are training a new generation of Spiral Praxis practitioners.