## Polarity and neuro endocrine Osteopathy

## 3 days’ workshop 2019 Bruno Ducoux DO

From A.T.Still, traditional Osteopathy has always linked Life to matter trough motion.

Today, science opens new dimensions of understanding.

The fifth dimension of Osteopathy is one of these dimensions: From the three dimensional biomechanical model as grounding for the spiritualisation of the matter in a life field, the fourth dimension correlates present moment and somato sensorial integration. Then, a subjective fifth dimension emerges from the dynamic stillness; the therapeutic awareness being centered on the heart as a way of Joy.

Bruno Ducoux proposes an exploration of the polarity in osteopathy. Is Osteopathy male or female? Looking at the History of Osteopathy, the” feminine touch” was always present from the very beginning; women generate, cause, instigate but often stay behind. The art of osteopathy is its essence. Men show and demonstrate the mighty, strong, external, visible part of the science of objective osteopathy!

An inquiry for truth needs a philosophical approach, based on self and experience. Woven together behind a veil, emerges a reality. Using both polarities, we will explore a morphodynamic Interface as a doorway to look for the Health present.

Keywords: Osteopathy!; Fifth dimension, Polarity; Interface; Dynamic stillness.

Progress of the three days’ workshop

* Inner listening and presence
* Grounding and opening
* Evolution of Anatomy
* Dynamic embryology
* The androgynous model: a double polarity
* Practice using vibratory fulcrum on membranes and fluids
* Endocrinology and dynamic stillness
* Practices linked with menopause and andropause
* Pelvic floor, throat, mouth and head
* The Heart: Joy and happiness
* Verbalisation and dialogue

Recommended Reading:

LEWIS J. *AT Still* 2012 Dry Bone Press

BLECHSCHMIDT E. *Ontogenic basis of human anatomy*  2004

MILNE H. *Heart of Listening* N.Atlantic books

UPLEDGER J. *Somato-Emotional Release* 2002 N.Atlantic books

LEVINE P. *Waking the Tiger* 1997 N.Atlantic books

SCARR G. *Biotensegrity*  2014 Handspring

GUIMBERTEAU J.C.*Architecture of human living fascia* 2015 Handspring