



Day 1

9:00 – 9:30
9:30 – 10:30

Welcome. Participants briefly introduce themselves
PowerPoint Presentation: Introduction of SIMA and PFE

What is SIMA

- Somatic Integration through Manual Application
- Accurate Assessment as the basis of any successful treatment
- Effective treatment of somatic dysfunctions
- Origin of lesions
- Assessment through A.R.T.S.
- The importance of integration
- Treatment goals

What is PFE

- Puchta Foundational Exercises
- application of line of gravity
- mechanics and physiology of co-relating joints
- psycho-physical postural habits
- the pelvis as the main building block
- alignment of the lower and upper end of the spine
- the integral relationship among body parts
- oppositional force
- the relationship between breath and movement

Relationship between SIMA and PFE

10:30 – 12:00

Full Body Assessment

Demonstrated by Andrzej Puchta / Then practiced by participants

12:00 – 1:00

Lunch Break

1:00 – 2:30
2:30 – 3:30

Practical: Evaluation of Pelvis and Sacrum

Experiential: PFE workshop: pelvis as the main building block

3:30 – 3:45

Break

3:45 – 5:00

PowerPoint Presentation and Practical Application of SIMA
Tools and Laws of Execution

Lever, Fulcrum, Wedge, Direct Force, Indirect Force, Balance



Day 2

| | |
|---------------|--|
| 9:00 – 10:00 | Experiential: PFE workshop – alignment of lower and upper end of the spine |
| 10:00 – 12:00 | Practical: Evaluation of Lumbar, Thoracic and Cervical |
| 12:00 – 1:00 | <i>Lunch Break</i> |
| 1:00 – 2:00 | Practical: Integration of Pelvis, Lumbar, Thoracic and Cervical Treatment example by Andrzej Puchta |
| 2:00 – 3:00 | Pair work: Integration of Pelvis, Lumbar Thoracic and Cervical Participants follow the lead of Andrzej Puchta |
| 3:00 – 3:15 | <i>Break</i> |
| 3:15 – 5:00 | Special Techniques <ul style="list-style-type: none">- Thoracic Pump- Pedal Pumping- Balancing three diaphragms: Tentorium Cerebelli, Thoracic Diaphragm, Pelvic Floor Diaphragm- Lymphatic drainage |



Day 3

| | |
|-----------------------------------|---|
| 9:00 – 10:00 | PFE workshop – relationship between breath and movement |
| 10:00 – 11:00 | Body Adjustment of Mr. Wernham <ul style="list-style-type: none">- demonstration by Andrzej Puchta |
| 11:00 – 1:00 adjustment | Pair Work: evaluation of the patient and application of body <ul style="list-style-type: none">- document findings, treatment approach, post evaluation- rotate pairs |
| 1:00 – 2:00 | <i>Lunch Break</i> |
| 2:00 – 3:30 treatment | Power Point Presentation: How PFE supports the osteopathic |
| 3:30 – 4:15 | Pair Work: evaluation of the patient and application of PFE <ul style="list-style-type: none">- document findings, experiences and sensations- rotate pairs |
| 4:15 – 4:30 | <i>Break</i> |
| 4:30 – 5:00 | Course Review |