

# Osteopathic retreat at IDEAL

July 19 to 23, 2016

*Deepening and companionship in the beauty of the Canadian Rockies nature and in an intentional community, I.D.E.A.L, Institute of Development in Education, Arts and Leisure.*

## Program

Perinatal Osteopathy - Perception and treatment of the etheric body

### Day 1 – July 17 (Optional)

Arrival at Calgary airport. Banff hotel. Hot springs for "Jet lag regulation".

### Day 2 – July 18 (Optional)

Visit Lake Louise and Lake Moraine. Trip to IDEAL center and installation.

**Evening:** Cardiac coherence - Relaxation

### Day 3 course begins – July 19

**AM:** Reading of the midline in the tensegrity. Palpatory reading of biographical and generational levels in the tissues

**PM:** Perception of the etheric body

**Evening:** regression and coherence

### Day 4 – July 20

**AM:** biodynamic levels approach of self-corrections fulcrums - Practice of midline on animals and plants

**PM:** Reading of memorial cysts - **Evening:** intrauterine life regression and coherence

### Day 5 – July 21

**AM:** Approach to Fertilité. Visite of Fort Steele, ancient western village

**PM:** hot springs - **Opera evening**

### Day 6 – July 22

**AM:** Pregnancy, Childbirth and Newborn - **PM:** Energetic surgery.

**Soirée:** prenatal life regression and coherence

### Day 7 – July 23

**AM:** Pediatrics osteopathic - **PM:** Vibration therapy

**Evening:** regression and consistency

## Day 8 – July 24 (Return)

Back to Calgary or travel option in Glacier National Park and / or road trip in the west.

## Practical Guide

### Time and dates

Week seminar from Sunday 19 to 23 July 2016

**Minimum** of 10 and limited to 20 participants

### Costs:

Flight from France (1200 Euros around) or from a Canadian province

+ Price of the seminar: \$ 800 / 533Euros

+ Approximately \$ 170/110 Euros for car rental for 4 people (\$ 700 for 10 days)

+ Price of the full board:

**Option 1:** tent with bed 560 \$ / 370 Euros (15 tents available) - Collective bathroom - [2300E all included for French]

**Option 2 :** Double room: \$ 700/470 Euros – collective bathroom - [2400E all included for French]

**Option 3 :** B & B: \$ 910/600 Euros - private bathroom (own car required) - [2533E all included for French]

- 20% reduction on the full board for students
- Included in full board: 3 vegetarian meals (fish and eggs) per day - Bedding, sheets, blankets and towels - Internet access - Use of washing machines, dryers and clothes lines

### Terms of stay

- Be osteopath or have completed its 3rd year
- Please keep us informed of a particular medical situation
- We recommend: a swimsuit, slippers or open sandals, running shoes or comfortable walking shoes, light clothing for the physical experiences in nature, sunscreen and insect repellent, knowing that there are very few in our altitude of 850 meters, pull and windbreaker for the evenings which are cooler
- The weather is very mild, even very hot in July. The evenings are cooler but very enjoyable.

## Your teachers

### Jean-Pierre Amigues, osteopath DO

Physiotherapist degree in Marseille in 1962. Diploma EEO Maidstone, England in 1976. Consultant at the gnatologie laboratory of the Dental Faculty of Toulouse from 1988 to 1996. Inter university diploma of Postural neurology of Toulouse School of Medicine in 2001. Teacher in France and abroad. Author of several books:

Osteopathic Clinic treaty – Spiral Edition, Canada, 1998

Osteopathy – Ellebore Edition, Paris, 1999

TMJ, a connection between dentists and osteopaths - de Verlaque Editions, France  
2000

The stomatognathic system – Sauramps Editions, France

### **François Amigues, osteopath DO**

practice in Montreal and British Columbia for over 20 years. His osteopathic practice specializes in couples, pregnant women and newborns. His passion led him to organize international symposiums in the fields of health and perinatal care in Montreal, and work for the recognition of a world day for pregnant women and a Birth Charter. He was invited to give lectures and workshops in Montreal, British Columbia, the United States, France and Russia. He is the director of the Wellness Center in IDEAL and Ideal Family in British Columbia, where he is also president of C.A.P.E., a charity in prenatal education.

## **A Development Institute of Education, Arts and Leisure**

IDEAL. Wellness is the health branch of I.D.E.A.L. society that will welcome you during your stay.

You are welcome to participate in the life of residents of IDEAL if you wish it, by coming attend sunrise meditations including breathing and gymnastic exercises.

## **A journey to ourself and other**

Introspection and care

### **The work on the biography**



Work on family memories and Psycho-genealogy

Birth project and biographical decoding

Epigenetics applied to family life

### **Work on the present state**

- Osteopathic experiences of body reading and of dialoguing with it needs:  
Workshops palpation of tensegrity, levels of palpation of the fulcrums  
Neutral setting and activation of automatic shift fulcrum and spiritual forces
  - o Witnessing inherent healing strengths
  - o Reading muscle chains and meridians
  - o Cognitive decoding and meaning emergenceStill point and integration
- Cardiac coherence

## **I.D.E.A.L welcomes you**

### **An intentional community**

The center's activities are dedicated to the development of the consciousness of humanity united as one family.

### **Simple and rallying places**

Our living spaces are first nature, fields, forests, rivers and lakes; and our yurt too, an dojo in the wood, a stone theater, a place of meditation, choir and meditation.

### **Accommodation and meals**

We have some rooms, tents with comfortable beds and shared facilities; and there are B & B with our close neighbors.

Our meals are vegetarian with or without fish, eggs and gluten on demand. Most vegetables and fruits are grown in our biodynamic or permaculture garden. We raise our chickens for their eggs and make our bread.

### **Notes for your coming**

Our land of 200 hectares is a protected place for animals where 2 rivers flow. The air is protected from pollution by mountains and surrounding forests.

Non smoking environment and no alcohol.



# **I.D.E.A.L. SOCIETY**

Institute for the development in Education, Arts & Leisure



### **Contacts**

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