



OSTEOPATHIC JOURNEY

Transformation in contact with dolphins



**4 to 11
SEPTEMBER
2021**

**RED SEA
EGYPT**

TRAININGS ÉLISA BOILLOT
Osteopathy office
1 quai Docteur Gailleton
69002 Lyon
www.elisaboillot.com

Informations
07 87 24 76 62

OSTEOPATHIC JOURNEY

TRANSFORMATION IN CONTACT WITH DOLPHINS

Requirement

Training for ostéopaths and persons who wanted to transform their lives.

Swimming skills are required

Monitoring and evaluation

Sign the sign-in sheet each half-day

A certificate of attendance will be given to participants

We thank you to give us the feed-back card at the end of the training.

Teaching tools

Cases study in situation to listen and to respond to the needs of patients.

« If we lived as dolphins, in an environment of the same density as us, thus in almost weightlessness, us would have not at all the same vision of the world, or the same approach to what we name "reality", and we would teach certainly one any other science to our children, because we would not be cut by our environment, but in continuity with him. If we floated in an environment of the same density as our bodies, we would be in permanent choreography, the slightest of our gestures would join the dance of the whole...»

Extract from « Dancing can change our life », Revue *Nouvelles clés*

Reveal itself in contact with dolphins

This training presented by Bruno Ducoux and Élisabeth Boillot proposes to the osteopaths, a deep reconnexion in their tissular memories, in their sensations in contact with dolphins and nature.

It is a journey, an opening of the hands like a way towards the heart, the others and the consciousness of the planet. This week allows the alternation of moments in the water with dolphins, wild and free animals, and of practices of perceptions and meditation in the nature

In osteopathy the work in the fluidity(flow) and in the space opens other horizons and so releases the practitioner as much in its voice as in the hands.

The aquatic experiment allows to experiment the body in the space, to bathe in the movement and the vibration, to develop a listening skill favored by the quality of felt brought by the body immersed in the water.

The movement is omnipresent.

The whole body as the big ear allows an amplified listening.

The objectives of this journey are to contact again our child's soul (light and carefree), to experiment the freedom to be, as well as to authorize us to live feelings we very often forbid to us and we forget ...

These meetings always will be respectful to dolphins: let us keep in mind that we penetrate their world, and that they choose to come or not ...

In this spirit, so that these interactions are the richest possible, it will be explained:

- How and when to get to them (what we can do and what we must not do),
- Our body language in the water, as well as theirs.

PRICE OF THE STAY

1980 €

Subscription deposit 800 €

Outstanding balance 8 weeks
before the departure

Including :

Training costs
Government taxes
Airport Transfert in Egypt
Full board
Soft Drinks
Nitrox (if available)
1 week aboard

**Accommodation in double cabine
with twin beds**

Not included :

Flights
Insurance and visa
Tips

OBJECTIVES AND TEACHING TOOLS

Bruno Ducoux and Elisa Boillot offer you times of meditation in connection with the power of elements, osteopathic practices on the boat or in the water, times of sharing on the experiences lived in the intensity of the meeting with dolphins and on times of integration necessary for the internal archiving of these experiences.

- The aquatic practices will allow the participants to release the deep tensions and to approach the notions of " work in volume " in 3D in osteopathy
- Transform the therapeutic relation in the contact of dolphins and nature. These professors of the listening whom are dolphins call up to simplicity, delight, play, grace in the slightest gesture, dance, permanent listening of other one, lightning solidarity. On all these plans, cetaceans turn out, for whom knows how to hear them, of incomparable teachers.
- In osteopathy the vibration is one of the bases of treatment. The energy constitutes the information in movement
- Homeostasis is going to be facilitated
- When it is impossible to work on a tissular zone with the hand, sometimes the voice is a way more precise to reach it, more subtle and more respectful.
The mechanical vibratory wave is then acting to release the potential of auto-cure of the patient's physical system.
- Using his own voice as vibratory tool ... Contact, be moved, discover itself melodious, vibrating and communicating
- To be able to express without printing in tissues, will be the theme of this training course. To reach zones in limitation of movement or in congestion and to reactivate them by its own voice or the patient's is practicable whatever is your musical level



A discovery on the way of your Voices: on the ground, at sea, by floating and under the water!! And how use your vibratory tool to make circulate the life in the flow of the wave

Based on a vocal work as well as a whole deep, creative and liberating search of the vibratory application in the diagnosis and the osteopathic treatment

PROGRAM 5 DAYS 40H

The program of the training course is indicative and will be adapted according to the weather report, to the presence of dolphins, specific needs for the dynamics of the group

Day 1

Flight to Hurghada or Marsa Alam, reception and transfer in minibus up to the marina.
18:00 Arrived on the boat, presentation of the boat and the life on board.

Installation in double cabins and night on board in the marina.

Day 2

Departure to Sataya where dolphins come very regularly (8 hours of navigation).

Presentation of safety instructions, Red Sea as well as its fauna, behavior to be adopted at sea.

Presentation of dolphins, behavior to be adopted, their behavior, physical language, various phases in which we can find them and how adapt itself to it and especially respect these phases ...

Trials of the equipment and put in "nderwater fins, first meeting with free dolphins. At night on board, at anchor in a protected lagoon.

Day 3 to 5

- Dumping in the fluid osteopathy, the theory at the heart of elements
- Physical and meditative practices
- Practices in four handed on the midline. Confirmation and interactivity in the dynamics of at play
- Rebirth aquatic practices connected to pediatric practice in consulting room

- Experiment of the therapeutic vibration in aquatic environment

- Revitalisation and therapist's opening, apprenticeship of connection toward nature and lagoon energies.

Each day, briefing and meetings with wild dolphins and/or exploration of coral reefs and lives that hiding there.

Each end of day debrief on experimentations.

Day 6

Debrief of the end of training and sharing of each one experimentation with dolphins.

Hiking with fins and / or swimming with wild dolphins .

Départ In the early afternoon, from Sataya to the marina and night on board.

Day 7

Final day at sea, and return to the marina no later than the middle of the afternoon

Day 8

Check out : 8h

Transfer to the airport depending of the timing of the flights.



PEDAGOGIC SUPERVISION

ÉLISA BOILLOT

Ostéopathe D.O. (ATSA 2005)

She is currently an "exclusive osteopath" in Lyon. She has practiced natural childbirth and prenatal singing in pre- and per-partum.

She intervenes in the post-graduate days of midwives, in 1999, with Professor Relier; for the council of the order of midwives; at the school of midwifery of Lyon within the framework of the follow-up of the memoirs and the training of the students; at the school of midwifery of Bourg-en-Bresse for an annual master-class on the pre-natal song.



Elisa is invited every year by the FROP Bordeaux and the Still Academy in Mülheim and Berlin for training sessions on perinatal. She participates in continuing education and research in osteopathy.

Ex former midwife D.E. (1998)

She has practiced:

- in CHU during 3 years in Lyon: service of pathology of the pregnancy and in birth room, with a classic medicalized care.
- in the maternity hospital of Les Minguettes: birth preparation, water births, physiological postures, vocal accompaniment of labor.

BRUNO DUCOUX

He has been practicing osteopathy since 1985 in Bordeaux and in a maternity hospital in Pessac (33). He is an international lecturer and teaches the development of sensory perceptions and emotional integration in Osteopathy. He is also director of the Pediatric Osteopathy Research Training: www.frop.fr

He created the training program "Transformation in contact with dolphins" in collaboration with Elisa Boillot which they have been running together for several years.

ACCESSIBILITY FOR DISABLED PEOPLE

Are you disabled?

If you are disabled, Elisa BOILLOT and her team will be able to give you all the attention and attention you need, in particular by adapting your teaching to the best of your ability and thus ensuring that your training runs as smoothly as possible. According to your handicap and for an optimal taking into account, we ask you to contact directly our services so that we can exchange together on the various possibilities that we can.



TRANSFORMATION

IN CONTACT

WITH DOLPHINS

TERMS AND

CONDITIONS

ACCESS DEADLINES

Registration is possible

45 days before

the departure

Via email

formations.elisaboillot@gmail.com

Provide your full name and details.

By phone

Delphine Fourrier

07 87 24 76 62

Website

www.elisaboillot.com

OTHER TRAININGS

À Lyon, Saint-André de Cubzac,
Tahiti ...

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www.elisaboillot.com