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### **DORN-seminar**

Our DORN-method weekend-seminars can be visited by everybody - laymen, therapists, alternative healers, practitioners. Medical knowledge is not necessary. All you have to know, to apply the DORN-method, will be imparted to you. During the two-day-seminar you will learn the easy to apply, simple and yet effective method to treat or to prevent many of the back or joints-complaints. In our hands-on seminars we show you and practise with you how you can correct differences in the length of legs by a simple method and how to bring back the vertebrae (from neck-vertebrae to coccyx) to their natural position in a gentle way. On Sunday afternoon you will learn and practise the Breuss-massage. It is helpful in invertebral disk problems, in pampering and as a pre- or post-treatment to the DORN-method.

Our seminars can be held in the English language in Germany and abroad. If you want to organise such a seminar elsewhere than in Benediktbeuern, we will be pleased to discuss the conditions.

### **DORN-method**

#### The gentle therapy for spine and joints

The DORN-method, founded in a little village in the Allgäu (a region in southern Germany, near lake constance) is so effective, that in the meantime it is spreading around the world. Be it Europe, North- and South-America, Asia or Australia – in all parts of the world this gentle therapy of the spine is being applied already and extremely successfull.

The topic „back-ache“ occupies not only suffering patients, but also doctors and non-medical practitioners. Wether acute lumbago, disk prolaps, sciatica (ischialgia), muscle soreness (myalgia) etc. ... . During the course of years it occurs in about 95 % of all people, that one or more vertebrae slide out of their ideal position. As every vertebra is connected to certain organs in the body by the nervous system, this can lead to pain in different locations of the back region. It also can cause effects and discomforts like headache, dizziness (vertigo), fatigue, sleeping disorder, allergies, skin rashes (exanthema), circulary disturbances, heart complaints, respiratory difficulties, bilious attacks, stomach ache, meteorism/flatulence, constipation, hemorrhoids, varicose veins and many more.

At the DORN-therapy first the length of the legs will be checked. As this is different in most people it will be corrected by a simple method. After that the right position of every vertebra will be checked one by one and, if necessary by a special and gentle method of pressure - the DORN-therapy - pushed back in the normal position again.

This happens by a gentle or a stronger lateral pressure on the spinous- or transverse processes. By unlocking vertebral-blockades, vertebral disks, pressured nerves and blood vessels will be freed at the same time, so that the function of the organs they supply will be restored again. The gentle therapy by DORN treats not only the pains at the spine, but also pains and malfunctions of organs, which at first seem not connected.

Contrary to stretching und extending of ligaments in the chiropractice, this therapy, with fingerpressure while swinging arms or legs offers a more purposeful, more gentle and therefore more recommendable treatment of the spine.

An improvement of the complaints is often to be found after a few treatments only. Exercises by the patient can accelerate and fortify the success of the therapy substantially. Therefore to advise the patients and to instruct them in the exercises belongs to the DORN-method.

## Breuss-massage

The Breuss-massage was developed by the Austrian naturopath Rudolf Breuss (1899 – 1990). It is a sensitive, energetic manual massage of the back in order to dissolve psychic or physical blockades in a gentle manner. By this massage the spine will be stretched and accumulated energies will be freed to flow again. Bearing in mind that all nerve cords and meridians are also in the region of the spine from where they branch out to all parts of the body, the reason why the Breuss-massage is suitable for prevention, a healthy spine and for general relaxation and regeneration will be obvious.

The Breuss-massage is a treatment, which can be applied on its own as a therapy or simply to pamper. Applied before or after the DORN-method, it is an ideal complement to the treatment.

