

Intro to Bridging

Explore this leading edge technique to quickly resolve pain, coordination, balance, and infant motor skill challenges.



A 2-hour workshop consisting of a general introduction to both the theory and hands-on application of the Bridging® process and technique. You will leave thinking about pain and coordination challenges differently, and have a new skill to put into practice the next day.

Learning Time and Format

2 hours, total, comprised of:

- **Lecture/Discussion:** (1.0 hour)
Overview, theory, and basic problem-solving
- **Hands-on:** (1.0 hour)
Demonstration and hands-on practice of one Bridging movement

What do you need to wear and bring?

- Dress comfortably for movement
- Bring towel or yoga mat to lie on floor for hands-on segment
- An open mind!

Cost

\$75 (\$90 same day)

Choice of Dates

Check the website for current schedule.

How do I register?

The upcoming events section on the website will have links to register.



Cara Lindell
Founder, Bridging®
Institute & Technique

Ms. Lindell will lead the theory and problem-solving portion of the workshop.



Becki Logan
Certified Bridging®
Specialist

Ms. Logan will guide the experiential portion of the workshop.

Who can Bridging help?

Anyone ages 0-99+ with unresolved pain, balance concerns, stroke or degenerative conditions, and children who have behavioral and/or motor skill challenges.

What changes can you expect by using Bridging?

The reduction or elimination of pain, improvement of balance reactions and coordination, catching up with developmental milestones, and self-regulation are all common outcomes from a Bridging® session.

What are key concepts within Bridging and how does it work?

The body and sensory systems work best when the following are present: stability with respect to the ground, between right and left sides of the body, and the flow of movement from limbs to core, and core to limbs.

What is the theoretical basis for Bridging?

There are three distinct parts to the theoretical base of Bridging—fetal/infant movement development, physics of movement within the body, and neuromuscular principles.

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Workshop Outline

Learning Objectives

1. Awareness of the theoretical principles of the Bridging® Technique—both the problem-solving and muscle reset process
2. Understand when Bridging is helpful and expected results
3. Recognize hands-on concepts essential to the Bridging process and results
4. Learn to perform one foundational hands-on centering movement that we call, “BUG”

What is Bridging?

Bridging is an innovative way to achieve fast, long-lasting results for your patients/clients with pain, balance or coordination challenges, and children with motor skill needs. It is comprised of two parts—problem-solving and resetting muscle pairing.

- **The problem-solving process** is a systems-based way of viewing the movement and physics of the body’s structure.
- **The reset process** is hands-on with gentle support of the body’s structure with an applied micro-stretch to reset muscle group pairing.

Where did Bridging come from?

Cara Lindell, Founder, developed the technique over years while trying to optimize balance training for adults and children. As the work evolved, early developmental relationships became clear, and how these supported the physics of the body’s structure. The technique continues to evolve in detail as trends with specific types of movement disruptors become clear.

Time	Type	Topic	Description
First Hour	Lecture	Intro and overview	Brief welcome and overview of role of movement, health, and Bridging
	Lecture	Bridging process: assess, analyze, reset	Delve into the micromovements of the body, their disruptors, and the reset process used to improve the way you move and feel
	Video	Demonstration of the basic Bridging process	Example of assess, analyze and reset process
	Lecture	Science behind Bridging	Discussion of the neuroscience of muscle reset, and why it impacts pain, coordination and anxiety
	Lecture	History and evolution of Bridging	Founder’s story and how Bridging came to be
	Interactive	Summary	Questions and Answer time
	Short Break		
Second Hour	Demonstration	Learn BUG movement	Three stages to learning—arms, legs and core
	Hands-on	Guided practice	Assess and reset core symmetry via BUG rolling motion
	Conclusion	Summary and optional next steps	