

Registration

I hereby bindingly register for the Matrix workshop. I have read the conditions of participation on the reverse side and accept them.

Surname, Firstname, Title/ Practice

Street/ No.

Postcode/ City

Phone

E-Mail

Date

Signature

Participation Fee: €1,480

5 days of theory and lots of practice with Matrix-Rhythm-Therapy, Yoga and Spiraldynamik ® - Rhythm, Movement, Healing.

- Five Days of Theory and Practical Training with Matrix-Rhythm-Therapy, Yoga, and Spiraldynamik®
- Free Entry to the Poseidon Gardens during the workshop week
- Daily QiGong and Joint Bathing Session (before regular spa opening hours)
- Cocktail Reception with Buffet on Sunday, September 21
- Joint Evening Buffet with Ischia Specialties on Wednesday (Grotto evening at sunset)
- Four-Course Gala Dinner on Friday evening

Companion Participation:

- Contribution for a Companion: €400
- Includes: Access to the thermal spa, evening events, and morning Qi-Gong/Yoga sessions
- Your companion:

Surname, Firstname, Title/ Practice

Upon registration, you will receive a confirmation and an invoice.

Registration Contact: info@dr-randoll-institut.de

Speakers, Organizers and Scientific Board

Sandra Ahlstich
Assistance, Dr. Randoll Institute

Prof. Dr. Dr. Arnulf Baumann*
Senior Consultant, University Clinic for Oral and Maxillofacial Surgery, Vienna General Hospital

Lucia Beringer
Owner and Managing Director, Terme Giardini Poseidon, Forio / Ischia

Prof. Dr. med. Helena von Bibra*
MindCarb GmbH & Co. KG, Head of the Diabetes Prevention Expert Team, Munich

Rasmus Gaupp-Berghausen, Dipl.-Ing., M.Sc.
Founder of Aquaquinta e. U., Altach, Austria

Edin Hadzimuratovic
Physiotherapist and MaRhyThe Instructor at the Matrix Center Waldkirchen

Prof. Dr. Dr. Jürgen Hescheler*
Chairman of the Board and Director of the Institute of Neurophysiology at the University of Cologne

Prof. Dr. med. Ludwig Keilholz*
Chief Physician, Institute for Radiotherapy, Bayreuth Hospital

Dr. Ruth König
Spa Doctor, Ischia

Dr. med. Rupert Lebmeier*
Specialist in General Medicine, Osteopathy (D.O.M.), Nutritional Medicine (F.X. Mayr), Sports Medicine, Naturopathy, Integrative Medicine, Zweibrücken

Bernhard Mach
Physiotherapist, Spiraldynamik® Specialist Level Advanced, MED Q, Qigong Teacher, Matrix Rhythm Therapy Instructor, Solothurn

Prof. Dr. Maximilian Moser*
Medical University of Graz, Head of the Institute for Health Technology and Prevention Research

Susanne Peter
Spiraldynamik® Physical Education Teacher, Yoga Therapist, MaRhyThe® Therapist, Feinsinn Yoga, Munich

Dr. med. Ulrich G. Randoll
Physician in Research and Practice, Matrix-Center Munich, Head of the Dr. Randoll Institute, Munich

Dr. med. Dietmar Schmidle
FMH Specialist in General Medicine, Sports Physician, Lucerne, Switzerland

Prof. Dr. Wolfgang Schöllhorn*
Chair of Training and Exercise Science, Johannes Gutenberg University, Mainz

Dr. med. Therese von Schwarzenberg*
Specialist in General Medicine and Homeopathy; Chair of the Schwarzenberg Lectures, Vienna

Prof. Dr. rer. nat. Bernd Simeon*
Chair of Mathematics, University of Kaiserslautern

Petra Winter
Customer Service and Online Marketing

Prof. Dr. med. dent. Erich Wühr*
Chair of Health Promotion and Prevention, Bad Kötzting Health Campus of the Deggendorf Institute of Technology

*Scientific Board Dr. Randoll Institut

Organizer and scientific organization

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Matrix Rhythm Therapy and Yoga
with Aspects of Spiraldynamik ®

27th International Matrix Workshop on Ischia



Time	21.09	Monday 22.09	Tuesday 23.09	Wednesday 24.09	Thursday 25.09	Friday 26.09	27.09	
7:30- 8:30	Arrival	Qi Gong in the thermal baths with Erich Wühr			Qi Gong in the thermal baths with Erich Wühr			Departure
Theory		Lymphatic System, Nervous System, Connective Tissue and Myofascial System	Sympathetic Trunk, Spine, Thorax and Abdomen	Craniomandibular System and Cervico Thoracic junction	Pelvic Girdle and Lower Extremities	Shoulder Girdle and Upper Extremities		
10:00-12:00		Ulrich Randoll & Team Theory and dialog according to the topic of the day Case studies from the participants:			Symptoms, Findings & Condition Etiology & Pathogenesis Therapy according to the Matrix Concept			
Practice		Breath needs Elastic Body Walls	The Spine - a Whirling Column	Head-Neck-Shoulders Head up-Shoulders back	Pelvis and Legs: Posture and Roots	Shoulders: Mobile and Stable under Load		
12:15-13:30		Spiraldynamik® Basics & Yoga with Susanne Peter	Hands-On with Ulrich Randoll, Susanne Peter & Edin Hadzimuratovic	Hands-On with Ulrich Randoll, Susanne Peter & Edin Hadzimuratovic according to the Practice Topics		Erich Wühr Attitude work for more quality of life & health		
						13:00-15:00 Lunch		
13:30-15:30		Lunch break and relaxation		Lunch break and relaxation				
15:30-18:00		Handling of Matrixmobile across the entire Spectrum Mobilization from Micro to Macro Passive to Active Yoga as an Integral Component Aspects of Spiraldynamik®		Handling of matrix mobilization across the entire spectrum Mobilization from micro to macro passive to active Yoga as an integral component Aspects of Spiraldynamik®				
				16:45 - Ulrich Randoll Final meeting				
Joint Evening Event	6:30 pm Meeting at the Entrance: Tour of the Poseidon Gardens with	At your free disposal		7:00 pm Grotto evening at sunset	At your free disposal	7:30 p.m. Gala Dinner		

6:30 pm Meeting at the Entrance: Tour of the Poseidon Gardens with Cocktail Reception

- Practice
- Theory



Our workshop will take place in the Poseidon Gardens in the picturesque Citara Bay near the town of Forio on the island of Ischia in Italy. You should arrive by September 21st at the latest. It is of course also possible to combine the meeting with a vacation. You travel individually. We recommend that you travel by plane.



Your **destination airport** is Naples. When booking your flight, please make sure you arrive early enough to catch the ferry to Ischia. For the same reason, your return flight should take this into account. Tip: Book your flights as soon as possible. They are still quite cheap now.



We recommend booking a **hotel** or apartment in Citara Bay. This way you can easily reach the Poseidon Gardens on foot. As a rule, **Usually** groups of participants arrange to meet the speakers for dinner. Some good restaurants are also within walking distance.

We have already had positive feedback on the following hotels:
www.hotelcasadelsole.it
www.hotelsemiramisischia.it
www.hotelcitara.it
www.hotelvillabianca.com

Conditions of participation

- Cancellation up to four weeks before the start of the seminar is free of charge. In the event of a later cancellation, 50% of the seminar fee is due. In the event of unexcused non-attendance, the full amount is due.
- Of course, a substitute participant can also be named.
- The organizer reserves the right to make changes to the program schedule/content at short notice.