

ZOGA®

Multidimensional Movement



Limitations of tissues in gliding movements are identified during the process of static and dynamic analysis. Then, through the patient's movement, which is directed by the therapist's hands and manual interventions, the correct gliding relations can be restored. The goal of this process is to introduce a greater freedom of movement and achieving a higher level of balance of the body's position in gravity.

The concept of Zoga™ combines movement and manual therapy in the Anatomy Trains Structural Integration style. It focuses on an analysis of the relation between body positioning and its spatial movement while observing its individual structural components in gravity. It takes under consideration the bone position and bone movement as well as mechanical reactions of the soft tissues throughout the motion.



Zoga™ Multidimensional Movement was created as a combination of two therapeutic worlds that influence humans – the world of movement therapy and the world of manual medicine. These should never be separated. The result is a transfer of the principles and ideas of the mechanical impact on tissues that are contained in manual methods to the movement performed. Specific mechanical reactions within tissues are also precisely targeted by this movement.

Zoga™ uses a biomechanical point of view on the relationship between adjacent structures in the human body in motion in order to direct therapeutic movement. It also uses manual interventions to restore and correct the movements of fascial layers against each other.

This indicates that in an area in the body where tissues have become stiff and have limited gliding motion due to the lack of movement, injury, inflammation, repetitive movement, or postural habit, then a precisely-chosen body position can restore the correct glide around the given layer and establish a more neutral and physiological position. By positioning subsequent elements of this biomechanical system into the direction of better balance, a constant change of the global movement or a postural pattern for the whole body is achievable.

Zoga™ Movement can be done as a group practice. Through an accurately-designed class program, the instructor gradually guides the group through the process of discovering the movement and ease of glide in defined body areas. These movement classes can be run by an instructor, a movement teacher, or a physiotherapist, and the activity can be classified as prophylactic and pro-health (Zoga™ Movement Practice).

Zoga™ Movement can also be used in individual therapy. It includes directed movement elements and manual interventions, which allow a precisely-directed process of balancing the human body (Zoga™ Movement Therapy).

Both group and individual therapies can be based on the 12-step process of Structural Integration. It is considered as a project that patients agree to participate in. Its goal is to create a global pattern change in each patient's body, and not to target specific local problems. Zoga™ can also be used for individual work that is aimed at solving biomechanical problems in the patient's body, eliminating specific movement limitations or pain associated with body tension imbalance. The deepest changes are possible when the process of Structural Integration and the Zoga™ Movement Therapy are done at the same time. The patient is then provided with both precise manual work and individual movement therapy. It is especially important after this process that the patient gains tools for an autotherapy that is focused

on his/her individual posture and movement pattern. The therapist's task in the Zoga™ Movement process is to bring the patient to a state where s/he is independent and does not require constant visits to the therapist to maintain good condition of the musculoskeletal system. The patient should know and understand his/her body well enough to be able to consistently work on improving their abilities to move, as well as to strive for better balance and freedom of movement.

Zoga™ is a result of combining a few systems together. It uses asanas and techniques from yoga for testing and mobilizing free glide in the tissues in determined directions. It is also based on Structural Integration in a manner of body reading and advancing a global pattern change for body movement and alignment. Zoga™ uses the Anatomy Trains map to arrange how particular body areas are subject to change and communicate with each other.

Yoga

The diversity of yoga gives us a rich collection of physical exercises for every part of the body in many variations and arrangements in relation to gravity. Yoga includes positions that open and activate all joints of the body and enforce all tissue layers to glide in all possible directions. Understanding what biomechanical reactions every yoga asana causes in the human body makes this movement discipline a complete form of influence on the structural

balance of the body. The use of asanas tailored to the needs of a particular person and the proper arrangement of the sequence to activate individual components can lead to the effective creation of a new movement pattern and posture.

The various body positions in yoga also allow for a large variety of functional tests that can be used to "ask a question to the system" that was previously only assessed in static posture. An example scenario is when the patient stands upright with a more adducted right thigh and an externally rotated left thigh. We can then ask, "Does this mean that there are restrictions of mobility in certain directions in these areas and can they be part of a statically visible pattern? Or that perhaps during movement these tissues can move with ease in all directions for this area, and the limitations appear only as a result of the tension of other structures or the compensatory positioning of the analyzed element?" When we want check ability of femurs to move into certain rotations we will use specific asanas that are encouraging femurs to move in certain positions and we can then check if this is a tissue restrictions or only a postural compensations.

Structural Integration

Structural Integration includes a few elements that make it so exceptional in a therapeutic approach. Ida Rolf, the creator of Structural Integration, used to say. „Gravity is the therapist, and we must reconcile the body with

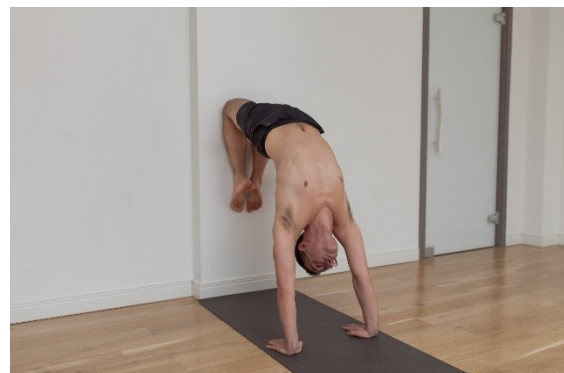
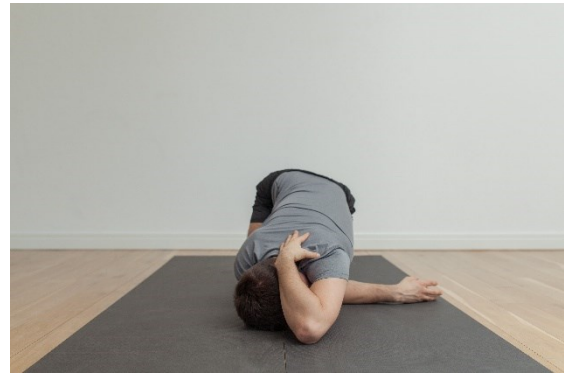
this force that will bring back health and balance". Focusing on how the body moves and is held in gravity distinguishes Ida Rolf's method from other therapeutic systems. The significant element of this therapy is a nearly engineering-like approach for the forces that influence the human body and how those forces are transferred and equalized in a person's tensegrity system.

Moreover, the process of pattern change organized in Ida Rolf's 10 sessions along with the Anatomy Trains map and the 12 sessions of Structural Integration is a unique way in restoring the body's mechanical balance.

Tom Myers's Anatomy Trains

Anatomy Trains is a map of myofascial connections proposed by Thomas Myers, who was Ida Rolf's direct student and the creator of one of the schools recognized by IASI (International Association of Structural Integrators). This map allows us to understand how different layers and strings of tissues transmit mechanical forces between each other and how they can create symptoms distally from the source of the malfunction. For example, dysfunction in the tarsal bone position in the joint can cause sacroiliac joint disorder due to a connection via the lower portion of the spiral line. This map also helps to understand the mechanical relationships between particular body areas, as well as presents a plan of the organized testing process and body stimulation during structural

integration. Twelve sessions of Anatomy Trains Structural Integration are organized and direct, and allow for an orderly approach to balancing human tensegrity forces in gravity.



Research on properties and functions of the facial system.

In recent years, we've had a major breakthrough in the way we see extracellular collagenous body matrix and the spaces between multiple fascial layers. Scientists have started to look at fascia not only as a locally-

organized connective tissue area that can be dissected like aponeurosis (individual layers of superficial or profound fascia), but also as a holistic system that can be named as a new body organ or as a global system of tension distribution.

Additionally the fascial system is constantly passing information through multiple mechanoreceptors about this mechanical system dependence on the nervous system (tension regulator). It turns out that how we feel our body is dependent on information that reaches the nervous system through receptors localized between and within fascial layers as well as from many other structural elements of this system, from the superficial layers and from the skin.

Frequently asked questions.

What is the difference between Zoga™ and yoga?

Yoga is a far broader discipline and does not limit itself to physical influence on the body in order to restore its balance and health. Yoga is a philosophy that reaches many aspects of life and has a very broad spectrum. Zoga™, through its western anatomical and biomechanical view, uses yoga elements for therapeutic purposes. The movement offered by the wealth of the hatha yoga practice provides the basis for influencing the structural balance of the body in gravity. Understanding the process of transformation of body biomechanics in gravity comes from the

tradition of structural integration, physiotherapy, modern biomechanics, and research on the role of the fascial system in the body.

How did you come up with the name "Zoga"?

The name "Zoga™ Movement" was actually created by a funny coincidence. If you have ever hit Shift and Ctrl on a computer keyboard at the same time, you know that the letter Y changes to Z and vice versa. During a conversation I once had online with James Earls regarding my presentation of structural version of yoga that I was preparing for the previous few years, I accidentally pressed those two keyboard keys and James Earls received the word "zoga" instead of yoga. As a result, he posted it as the name of the classes during the next Anatomy Trains teachers' Convention. After the classes, most of the participants were encouraging me to stick with that name and develop the concept further.

Who is Zoga™ for?

For anyone who wants to get to know their body better and use movement to help it find a more free and efficient postural movement pattern in gravity.

