

## PPT

Patterns of Physical Transformation (PPT) is a combination of somatic education, neuromuscular re-education and bodywork aiming to improve healing and cure in body parts.

PPT was developed by Dr Ron Perry and Dr Edie Perry. Their work was among others inspired by Dr Richard Bandler, co-creator of Neuro Linguistic Programming® (NLP) and Moshe Feldenkrais and from a range of techniques and insights from the world of yoga, tai chi and other body-mind systems. PPT is about neurological change to improve mobility and alignment.

A basic idea of PPT is that body and mind are one and to be able to solve certain problems it should be treated as such. Ron and Edie have spent many years perfecting their techniques and in 2007 they started transferring their knowledge to others.

## IN THE PPT TRAINING YOU LEARN:

- about the foundation of neurological, biochemical and state management principles.
- to develop basic visual and kinaesthetic indicators in large chunk posture, symmetry and range motion
- to explore your own functioning and movement patterns internally and making the same observations in others
- techniques to improve those indicators
- about functional neurology
- to work with 'states', create your own state and transfer your state to the other person
- to perceive and recognize congruent posture and movement patterns
- to collect information about the physical performance on the basis of a 'body part by body part tour'
- to apply the techniques in a gentle non-forceful way closer to teaching or negotiating than forcing body parts
- various techniques appropriate to the treatment of each body part
- about full body balancing on the table



**RAVISIE**

Bas Licher

open  
mind  
huis

office: Nijenheim 6409

3704 BN Zeist

+31 (0)30 699 02 50

post@ravisie.nl

ravisie.nl

## PPT INTRODUCTION TRAINING

The 3 day PPT Introduction gives you the foundation to learn, practice and develop your skills in working with body parts. Before starting the PPT Introduction training you'll get some 'home work'. This includes a list of YouTube videos to enable faster learning and understanding the basics about PPT. The PPT Introduction training is mandatory for participating in the PPT Practitioner training.

## PPT PRACTITIONER TRAINING

After you have followed the PPT Introduction, you learn in the 5-day PPT Practitioner different methods and techniques. With the PPT Practitioner training you're capable to improve the physical state of a body. This means letting go of unwanted muscular tensions and improving the body's comfort. A complete PPT basic training consists of the combination PPT Introduction + the PPT Practitioner training and totals 8 days.

## ADVANCED PPT TRAINING

The Advanced PPT trainings are meant for teaching PPT Practitioners profound knowledge and skills about specific body parts.

## AGENDA 2018

PPT Introduction: 5th -7th October

PPT Practitioner: 8th - 12th October

Advanced PPT: 14th -16th October



## TRAINING INFORMATION

Total days:	PPT Introduction 3 PPT Practitioner 5 Advanced PPT 3
Hours:	10 am - 6 pm
Trainer:	Edie Perry
Venue:	RaVisie, NLP Atelier Meent 13, 3931 MD Woudenberg Netherlands

For information and applications: +31 (0)6 46 15 64 64  
or send an email to [bas.licher@ravisie.nl](mailto:bas.licher@ravisie.nl)



# PATTERNS OF PHYSICAL TRANSFORMATION

