



A cooperation between ICSB and MU

Long Haul Syndromes

September 23 – 27, 2026

Advanced course in Craniosacral Biodynamics
with Kavi Gemin and Bhadrena C. Tschumi

Relief for long-term conditions and wide-ranging syndromes



The training is designed for common and long-lasting challenges faced by clients suffering from long haul syndrome. Complex and long-lasting conditions have physical, emotional, and mental effects and significantly impact the nervous system and healthy metabolic functions. Symptoms such as non-specific pain, extreme fatigue, and “brain fog,” i.e., concentration and memory difficulties that persist over long periods of time and are difficult to diagnose and treat, often occur.

The most common, persistent, and debilitating symptoms are neurological in nature. Some of these are easily recognizable as brain- or nerve-related: many people suffer from cognitive disorders in the form of memory, attention, sleep, and mood problems. Others seem to be rooted in the body rather than the brain, such as pain and discomfort after exertion, a kind of “energy crash” that sufferers can experience even after light physical exertion.

These symptoms are also the result of neurological and/or metabolic dysfunction. The autonomic nervous system, which controls our body's breathing and digestion and generally keeps our organs running on autopilot, is often affected. This condition, known as dysautonomia, can lead to dizziness, palpitations, shortness of breath, high or low blood pressure, and intestinal disorders. They can also manifest as “hunkering down,” which is English for taking protective cover and running on parasympathetic low gear. Those affected are sometimes no longer able to work or function independently. With these challenges, it is all the more important to have therapists who remind the system of its unity and wholeness and maintain its orientation toward health.



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In this training, we will present the theory and practice of osteopathic and craniosacral biodynamic approaches that are effective for all long-term syndromes such as autoimmune syndromes, long COVID, Lyme disease, mononucleosis, HIV, environmental illnesses, fibromyalgia, and exhaustion conditions such as myalgic encephalomyelitis (ME) and chronic fatigue syndrome (CFS).

Skills

Skills for promoting and improving the health of your clients

Contents

- Theory of long haul syndrome
- Practical body-centered, craniosacral, and biodynamic approaches
- Treatment protocols for use with long haul syndromes
- Support and restoration of autonomic functions

Learning objectives

Participants will be able to

- recognize long haul syndromes
- evaluate them appropriately
- offer treatments that regulate structure and function
- apply biodynamic approaches
- support the process through appropriate touch modalities.

Practical information

The course is taught partly in Italian and partly in English. Translation is provided.

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| Dates: | September 23 – 27, 2026 |
| Teachers: | Kavi Gemin, MT, RCST®, BCST, SEP, Osteopata Bhadrena C. Tschumi, MA, RCST®, BCST, SEP |
| Location: | Sacro Cuore Hotel Via Gioacchino Rossini, 75 54100 Marina di Massa MS Phone 0039-0583-240083 - 0039-334-6019454 https://cpfsacrocuore.campusleonardo.it/ |
| Room reservation: | directly with Sacro Cuore Hotel |
| Certified hours: | 38 |
| Begin: | 10am Sept. 23, 2026 |



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End: 2pm Sept. 27, 2026

Price of the course € 600.00 (see different offers at the end¹)
€ 20.00 Conacreis Association Subscription

Room and board:

Single rooms are limited: € 95.00 full board per day

Double rooms: € 85.00 full board per day

Addresses:

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More information about the content: Contact ICSB

Information about registration: Associazione Culturale MU Aps

The course has a limited number of participants.

Registration is open until August 30th, or until maximum number is reached.

*** For registration before 30th May 2026, the price of the course is € 500.00**

Participation is confirmed upon receipt of € 200.00 deposit.