

PROF. DANIELE RAGGI



POSTUROLOGY: HOW TO LOOSEN THE MUSCLE "CHAINS" AND REGAIN FREEDOM OF BODY AND MIND

Every person wears a "postural cloak" that reflects his/her own experience and state of mind. Trauma, accidents, scars, dental extractions, intestinal dysbiosis, conflicts, lack of self-acceptance, etc., have the power to alter the linearity and functionality of one's posture.

Conception is a posture starting point that everyone "wears"; it also holds one of the most powerful and unconscious inputs: a desired conception or an undesired conception; with love or without love. This "difference" will make all the "difference in quality of life".

From conception onwards, the body continues to collect and constantly engram information from both the internal and external environment. This adds up, day after day, to the information already contained in the DNA. All additional information has the power to build the future "emotional and postural cloak", just like brick after brick the essence of our house is established and the facade will be in our own image.

Today we can affirm that each and every body is a "vibration-time" conglomeration the content of which is able to manifest through our emotions, our rigidities, our pains, our movements and our posture. As nice as everyone's posture may be, it is not detached from engrams or negative events (trauma, operations, conflicts, etc.). Nonetheless, the system of neurotransmitters and modulators is able to "soften" and potentially make our lives pleasant.

One of the secrets of well-being is to maintain a "high" level of emotion and joy to do and live. Our posture adapts to our emotions and reflects them. The prerogative of the Postural method we use is to operate in a global context.

Our investigation ranges from environmental issues to occlusal problems and problems in swallowing; from visual and vestibular problems to intestinal dysbiosis; from toxic scars to the treatment of physical trauma, to emotional cysts.

We use a very strict technique that makes use of a tool whose purpose is to decompensate postures which the body assumes in life after every "aggression" in order not to suffer. In other words, when facing pain, discomfort, an irritating thorn, the body defends itself and escapes the pain through abnormal, compensated postures. The same phenomenon happens for emotional cysts, which find ample space and shelter in the muscles, in the fasciae and especially in the diaphragm.

Using particular therapeutic postures, whose purpose is to remove any offset that was used to "hide" a problem, the patient remembers the engram, he "re-runs" it until it finally vanishes. That pain, problem, postural alteration, stiffness will never return. We can say that the posture of each of us is a huge cloak, a huge container of every event, impact, pain and emotion.

The body reacts to every information; either opening up to life or closing in defence.

It acts according to strict and precise rules in order to fulfil the first law: survive without pain search for pleasure through fundamental actions that represent the basic needs, which is the second law. But it will do everything in accordance with the third law which is economy. In fact, the body resembles a "company" managed by a central unit, the STP, which also includes the limbic system. And just like a company, it must provide a balance sheet. Every one of us is always hoping for a budget surplus: well-being.

CURRICULUM VITAE PROF DANIELE RAGGI

- 2016
- Professor at the “Voce e canto tra postura e diaframma” (“Voice and singing between posture and diaphragm”) – Milan
 - Speaker at the Logopedics School of Faenza on “La postura in ambito logopedico” (“The posture in the logopedic scope”)
 - Speaker at the 3° National Congress WPAI on “Disfunzioni, dolori e catene muscolari” (“Dysfunctions, pains and muscular chains”) – Peschiera del Garda
 - Speaker at the “La voce artistica” (“The artistic voice”) Congress on “Funzione tridimensionale del diaframma” (“The three-dimensional function of the diaphragm”) – Forte dei Marmi

2015 – present time - Scientific Director of Posturalmed S.A. – Lugano

- Professor of the Education with a Global Approach Non-Compensated, Raggi Method® - Pancafit® to Issa Physical Therapy – Maryland (U.S.A.)

2015 - Appointed Professor of Posturology of the Raggi Method® to the Posturology and Biomechanics Master – University of Aldo Moro, Bari

- Speaker at the “La Voce Artistica 2015” (“The Artistic Voice 2015”) International Congress on “Dinamiche respiratorie e reflusso gastroesofageo” (“Respiratory dynamics and gastro-oesophageal reflux”) with Dr. Franco Fussi – Ravenna

Speaker at the “Il viaggio della voce” (“The travel of the voice”) Congress on “Postura e diaframma nel parlato e nel canto” (“Posture and diaphragm on the speaking and the singing”) – Genoa

Speaker at the Second University of Naples at the “L’importanza dell’interazione fra le diverse figure che si occupano di riabilitazione attraverso una metodologia condivisa: Pancafit® e Metodo Raggi®” (“The importance of the interactions among the different figures dealing with rehabilitation by a common methodology: Pancafit® and Raggi Method®”)

Speaker at the “Posturologia: Neuroscienze e modelli terapeutici integrati” (“Posturology: Neuroscience and integrated therapeutic models”) Congress on “Catene neuromuscolari: Dalla fisiologia alla patologia” (“Neuromuscular chain: From physiology to pathology”)

**Authors of many patents at medical and paramedical scope, including Pancafit, krm.
Inventor of Raggi Method**

Anno 2006	“Voice and Face” Master at the Università Cattolica del Sacro Cuore in Milan
Anno 2005	Graduation in Physiotherapy, University of Chieti
Anno 1999	Post-Graduation in Posturology at Sapienza University in Rome
Anno 2003	Proficiency course of Posturology at Università La Sapienza in Rome
Anno 1996	Degree in Sport Science - Università Cattolica del Sacro Cuore in Milan
Anno 2002	Diploma in Postural Reeducation with Mézières Method at Certag Paris
Anno 1996	Diploma in Mass physiotherapy (biennial) at Perugia School
Anno 1976	Diploma in Mass physiotherapy (triennial) at Cosenza School
	Diploma in Physical Education