

## **Time Table Lectures Winter Seminar 2026 Grimentz**

### **Tuesday 03.03**

15:00 - 19:00      RUSS & JAKE  
Seeing the True Cause - Gain, Congruence,  
and the P1 Test

### **Wednesday 04.03**

AM:                  Time to enjoy the Alps

15:00 - 19:00      RUSS & JAKE  
Resetting the Neck - Restoring Midline Control

### **Thursday 05.03**

AM:                  Time to enjoy the Alps

15:00 - 19:00      RUSS & JAKE  
Anchoring the Body - Stability from the Base

### **Friday 06.03**

08:00 - 12:00      RUSS & JAKE  
From Adjustment to Integration -  
The Neurological Cascade

PM:                  Time to enjoy the Alps