

## Locations and Accommodation



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### Locations

- Hochschule für Philosophie München**  
Kaulbachstraße 31a, 80539 München  
Location of the ERA-Conference on July 2<sup>nd</sup> and 3<sup>rd</sup> 2016
- Gasthof Hinterbrühl**  
Hinterbrühl 2, 81479 München  
Location of Dinner Party on July 2<sup>nd</sup> 2016
- Motel One München-Olympia Gate**  
Petra-Kelly-Str. 4, 80797 München  
Hotel with blocked rooms for accommodation of our participants.
- Various locations**  
Please see the Event-Webpage at [www.rolfing.org/25years](http://www.rolfing.org/25years)

### Accommodation

**Please note:** Rooms must be reserved directly with the hotel we are working with (see Location 3 above). Use the registration form provided on the Event-Webpage at [www.rolfing.org/25years](http://www.rolfing.org/25years).

**Rooms are blocked until May 17<sup>th</sup>, 2016 at a discounted rate.**  
Double room, lodging and breakfast ..... 103,00 € (51,50 € p.p.)  
Single room, lodging and breakfast ..... 78,50 € (78,50 € p.p.)

### Directions / Maps

Directions to specific event locations and Maps can be found online at the Event-Webpage [www.rolfing.org/25years](http://www.rolfing.org/25years)

## Registration and Fees

The registration, payments and cancellations for this event are handled through our service partner Amiando.

Please register online by going to [www.rolfing.org/25years](http://www.rolfing.org/25years)

Are you interested in attending both a Pre- and Post-Conference workshop? Contact the ERA-Office directly for special discounts and information on how to register. Workshops are offered as packages only – they include both the ERA-Conference and Party.

Early (fee received by 31 March 2016) / Regular

**European Conference**  
(incl. party) 02.07. – 03.07.2016 ..... € 170 / € 190

**Pre-Conference Workshop 3 days with Michael Salveson**  
(incl. Conference and party) 29.06. – 01.07.2016 ..... € 590 / € 670

**Pre-Conference Workshop 3 days with Konrad Obermeier**  
(incl. Conference and party) 29.06. – 01.07.2016 ..... € 590 / € 670

**Post-Conference Workshop 3 days with Tessy Brungardt**  
(incl. Conference and party) 04.07. – 06.07.2016 ..... € 590 / € 670

**Post-Conference Workshop 2 days with Stefan Dennenmoser**  
(incl. Conference and party) 04.07. – 05.07.2016 ..... € 450 / € 510

**Post-Conference Workshop 2 days with Sharon Wheeler**  
(incl. Conference and party) 04.07. – 05.07.2016 ..... € 450 / € 510

**ERA General Assembly 2016**  
03.07.2016 from 11.00h to 13.00h ..... free of charge

**European Conference Guests**  
(incl. party) 02.07. – 03.07.2016 ..... € 190 / € 210

**Party only** 02.07.2016 ..... € 60

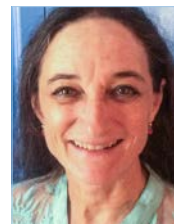
Registration fees are included in all workshop prices. The prices do **not** include accommodation and travel arrangements.

**Cancellation Fees**  
– Before April 30<sup>th</sup> 2016 – 10% of the amount paid plus Amiando fee.  
– Before June 12<sup>th</sup> 2016 – 50% of the amount paid plus Amiando fee.  
– No refunds for cancellations thereafter.

Notice: Amiando charges a cancellation fee between €15 and €50 based on the overall package price which will be added to the ERA cancellation fees above.

## Participating Speakers and Panelists

**Tessy Brungardt** received her



BA in Environmental Biology in 1976. Once introduced to Rolfing® SI in 1979, she was inspired to take her exploration into the human realm. She became an Advanced Rolfing® Instructor in 2002, and maintains a practice in Baltimore, MD.

**Rosi Burkhardt-Meinel** is a Certified Advanced Rolfing™



and Heilpractitioner since 2013. She received her Basic Rolfing® Certification in 1987, her Advanced Rolfing® Certification in 2007, and has been an active ERA Rolfing® mentor since 2008. As a licensed SGSI member, she has studied and used the Normal Function Method of Hans Flury since 1995.

**Stefan Dennenmoser** completed his studies in Sports Science (1993) and Rolfing® Training (1995) after which he began his private practice. He also completed the Rolf Movement™ Training (1996), Gyrotonic®/Gyrokinesis® Training (2000), and taught at a Physiotherapist school. He is a founding member of the German Fascial Fitness Association and doctoral candidate at Ulm University.



**France Hatt-Arnold** is a Rolf



Movement™ practitioner since 1986, a Rolfer™ since 1990 and an Advanced Rolfer since 1996. She has taught Rolf Movement™ internationally since 1994.

**Konrad Obermeier** began working as a Rolfer



in Munich in 1991. He is a member of the Life Sciences Faculty of the Rolf Institute (Boulder, CO) and teaches Anatomy for the ERA. His fascination with the plasticity of the human form brought his curiosity to study different somatic approaches like Yoga, Biomechanics, Continuum Movement, Osteopathy, Cranio-Sacral work and, specifically, Embryology.

**Michael Salveson** was trained by Dr. Rolf as a Rolfer™ (1970), Advanced Rolfer™ (1972) and Rolfing® Instructor (1974). As president of the Rolf Institute (1979-1982), with support from Dr. Georgette Delvaux D.C. and Dr. Michel Ginoulhac M.D., he taught the 1st European Rolfing® training. An Advanced Rolfing® Instructor since 1984, he taught continuously until 2011 and is now on sabbatical. In 1991, as a RISI Board member, he supported the development of Europe through an independent



"satellite" which became the ERA. Michael's personal love for Europe has brought him back to celebrate with us the 25th Anniversary of the organization he helped launch.

**Isolde Specka** received her first



10 sessions from Barbara Bettini, finishing her basic Rolfing® training in Munich (1999). Her main teachers include Flury, Schwind and Godard. Since 2001, she is a licensed SGSI member and from 2004-2014 a voted member of the ERA Admissions Committee. Isolde lives and practices in Mannheim.

**Peter Schwind, Ph.D.** has been working as a Rolfer™ in Munich since 1980. As an instructor he has taught basic classes since 1985. He assisted and cotaught several advanced classes since 1991 and was certified as an Advanced Rolfing® Instructor in 1999. Peter has shared his view of working with the human organism by writing several books.



**Christoph Sommer** is a Certified Advanced Rolfer® and teacher of the ERA modular format with a private practice located in Munich. Additional training in fascial membrane and



visceral osteopathic techniques have lead him to broaden the classical structural perspective.

**Robert Schleip, Ph.D.** International Rolfing®



Instructor and Fascial Anatomy Teacher. Robert has been an enthusiastic Rolfer™ since 1978. In addition to his Rolfing® practice and teaching, he is Director of the Fascia Research Project at Ulm University, at the forefront of fascia research world-wide ([www.fasciaresearch.de](http://www.fasciaresearch.de)). He holds a M.A. degree in psychology, a PhD in human biology; and is also a Certified Feldenkrais Teacher.

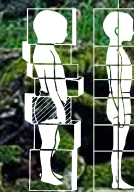
**Sharon Wheeler** Certified in Structural Integration in 1970, Sharon was one of Dr. Rolf's admitted "Artistic Experiments". She has been certified in Rolf Movement™ since 1971. She teaches CE workshops on Scarwork, Bone-work, Cranial Work, and the Art of Structural Integration.



**Panel & other Participants**

<b>Rich Ennis</b>	USA
<b>Mario Finato</b>	Italy
<b>Michael Ginoulac</b>	France
<b>Gerhard Hesse</b>	Austria
<b>Christina Howe</b>	USA
<b>Robert Schleip</b>	Germany
<b>Peter Schwind</b>	Germany
<b>Christoph Sommer</b>	Germany
<b>Wolf Wagner</b>	Switzerland

*and others to be announced...*



ERA 25th Anniversary Event

### The Tree of Rolfing®

Celebrating 25 years of Rolfing® Structural Integration in Europe

Workshops, Networking and General Assembly Meeting

29 June – 6 July 2016  
Munich, Germany

## Pre-Conference Workshops

### Pre-Conference Workshop 1

**Ligamentous Influence on the Arms, Shoulders and Thorax**  
Three days with Michael Salveson, Advanced Rolwing® Instructor

### Wednesday 29 June – Friday 1 July 2016

09.00 – 18.00 3 days See location 4, 3 Manipulation Credits

This workshop will focus on an introduction to the ligamentous bed, as it applies to the shoulder girdle and thorax. We will explore distinctions between adaptive neutral joint positions and what we will consider to be optimal neutral joint positions. This will involve a style of working with joints consistent with the spectrum of touch practiced by Rolfers. It will involve deep, steady, sensitive pressure on relevant bony structures, using them as levers to release the ligaments holding joints in neutral positions that are not optimal. We will begin with work in the arms and shoulders and proceed to the dorsal thorax, lateral thorax, ventral thorax and the junction between the thorax and the cervical spine. A basic knowledge of normal vertebral motion will be useful but is not required. This work is a prelude to direct manipulation of the vertebrae of the axial complex.



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### Pre-Conference Workshop 2

**Basics of Visceral Manipulation in the Context of Rolwing**  
Konrad Obermeier

### Wednesday 29 June – Friday 1 July 2016

09.00 – 18.00 3 days See location 4, 3 Manipulation (visceral) credits

Expanding our skills through Visceral Manipulation can contribute significantly to understanding complex structural patterns and add potent approaches to problem solving. With visceral techniques we improve the results of sessions. From a Rolwing point of view the interface between the "Structural Container" and the "Organ Content" is important.

In this workshop we will:

Review some fascial anatomy and introduce some basic visceral anatomy; look at the activity of the diaphragm; learn some general techniques for mobilizing intra-abdominal and intra-thoracic structures; apply selected specific techniques to different visceral structures.

## 25th Anniversary Event Schedule

### Thursday 30 June

18:30 – 21:00 Contact Point Meeting location 4

### Friday 1 July

17:30 – 18:30 25<sup>th</sup> ERA Anniversary Reception location 4

18:30 – 21:00 Contact Point Meeting location 4

### Saturday 2 July

Hochschule für Philosophie, location 1

7:15 – 8:00 Outdoor Activity English Garden location 4

8:30 – 9:00 Registration ERA Office team

9:00 – 9:15 Conference Opening ERA Board

9:15 – 10:00 Early days of Rolwing® SI in Europe – Panel Discussion

10:00 – 10:10 Coffee Break

10:10 – 11:00 How has Rolwing® SI changed through the years... – Panel Discussion

11:00 – 11:10 Coffee Break

11:10 – 12:00 Where is Rolwing® SI headed in the future? – Panel Discussion

12:00 – 12:10 Coffee Break

12:10 – 13:00 European Contributions to Rolwing® SI – Panel Discussion

13:00 – 14:10 Lunch Individual Responsibility

14:10 – 15:00 Internal Motions and Fascial Structures > Christoph Sommer

Attempting to summarize the developments and influences that have passed through traditional SI work, this session will address how we can expand our knowledge and skills to achieve lasting changes in a human structure that is constantly influenced by internal and external motion.

15:00 – 15:10 Coffee Break

15:10 – 16:00 Techniques for Effective Neck Work > Tessa Brungardt

Many of the issues of the spine and neck arise from habitual use patterns and injuries in the hands, arms and shoulders. In this workshop we will explore the anatomical and functional relationships between each of these areas and how they can lead to disorganization.

16:00 – 16:10 Coffee Break

16:10 – 17:00 Normal Function: Introduction and Overview > Isolde Specka & Rosi Burkhardt

Hans Flury developed Normal Function out of his practice as a Rolfer®, trying to answer the question: What is the most easy /most economical way to move.

17:00 – 17:10 Coffee Break

17:10 – 18:00 Scarwork: Integrating Scar Tissue into the Fascial Web > Sharon Wheeler

Applying the principles of SI to the problem of scars generated Scarwork in 1973. Today a collection of over twenty techniques transform rough, irregular scars into smooth, functional fascia. It is gentle, easy to learn, quick to perform, and produces measurable results with permanent changes.

20:00 – 24:00 ERA Party Gasthof Hinterbrühl, location 2

### Sunday 3 July

Hochschule für Philosophie, location 1

7:30 – 8:30 Outdoor Activity English Garden location 4

9:00 – 9:10 Announcements & Updates

9:10 – 10:00 New Research Developments and their relevance to Rolwing® SI > Robert Schleip

An overview of recent developments in Fascia Research, new areas of ongoing research, and their relevance / implications for our work.

10:00 – 10:10 Coffee Break

10:10 – 11:00 Introduction to working in the Ligamentous Bed > Michael Salveson

While briefly introducing concepts for working effectively in the ligamentous bed of the human body, I will share my recollections of the first ever European Rolwing® Training.

11:00 – 11:15 Coffee Break

11:15 – 12:00 ERA General Assembly – Part 1

12:00 – 12:15 Coffee Break

12:15 – 13:00 ERA General Assembly – Part 2

13:00 – 14:10 Lunch Individual Responsibility

14:10 – 15:00 Towards Gravity > France Hatt-Arnold  
The effects of gravity are clear when we sit, stand or walk. However, when lying client participation is needed to

make this clear – something that is not ideal as clients often indifferently tighten muscles. We will explore how to help lying clients modulate coordination and facilitate the integration of gravity on the table. France will also give a short foretaste of the new Rolf Movement™ certification with its 3 phases.

Present & Future

15:00 – 15:10 Coffee Break

15:10 – 16:00 RISI Update – Present & Future Developments > Christina Howe, Executive Director & Rich Ennis, Board of Directors

16:00 – 16:10 Coffee Break

16:10 – 17:00 Practical Applications of recent Scientific Insights about Fascia. > Stefan Dennenmoser  
Applying the latest "research insights" we will discuss properties that should be considered when working with fascia: water binding, tense-grity, elastic recoil & proprioception. After a brief overview of the theory we will put these "learnings" into motion.

17:00 – 17:10 Coffee Break

17:10 – 18:00 Closing Remarks & Good Byes – ERA Board

19:00 – 21:00 Faculty Meeting with Michael Salveson location 4

## Post-Conference Workshops

### Post-Conference Workshop 1

**Understanding the Relationship of the Shoulder Girdle to the Spine and Neck**  
Tessa Brungardt

### Monday 4 July – Wednesday 6 July 2016

09.00 – 18.00 3 days See location 4, 3 Manipulation Credits

Many of the issues of the spine and neck arise from habitual use patterns and injuries in the hands, arms and shoulders. In this workshop we will explore the anatomical and functional relationships between each of these areas and how they can lead to disorganization. Then Tessa will show you how to evaluate these structural and functional issues and apply specific techniques to address them. This class will include lectures, demonstrations and practice in which students will exchange work.

### Post-Conference Workshop 2

**An Introduction to Sharon Wheeler's Scarwork: Integrating Scar Tissue into the Fascial Web**  
Sharon Wheeler

### Monday 4 July – Tuesday 5 July 2016

09.00 – 18.00 2 days See location 4, 2 Elective Credits

Sharon's quick and delightful ScarWork transforms the rough fabric of scars into the smooth and resilient three-dimensional fascial web. Working from the surface down to include all of the internal reaches of the scar, ScarWork reverse-engineers the damaged fascia of the scar - restoring function to muscles, nerves, and internal organs. Attention to detail, the perception of small increments of change, and a sense of humor are helpful in the study of scars.

### Post-Conference Workshop 3

**Fascia Fitness for Rolfers™**  
Stefan Dennenmoser

### Monday 4 July – Tuesday 5 July 2016

09.00 – 18.00 2 days See location 4, 2 Elective Credits

Rolwing® clients can benefit from more active engagement during the Ten-series; Rolf Movement™ is one example. Yet, there are many new fitness-oriented concepts on the market today with broad appeal to clients. Co-developed by Rolfers™, FF introduces a new science-based approach offering powerful tools that address: athletes & fitness-oriented individuals, clients where "tensional" work is helpful, and can benefit everyone by teaching exercises that improved fascial tone.

## The Tree of Rolwing®

Join us this Summer to celebrate the 25<sup>th</sup> Anniversary of the European Rolwing® Association!

The Conference program begins with an exploration of our past European heritage, moving on to the present and a glimpse of future trends. Along the way, through panel and speaker sessions, we will explore what it was like back then, what has changed through the years, important European contributions to our work, and enjoy listening to, and meeting, many key contributors.

We are excited to offer a strong lineup of workshops for this occasion and are touched by the enthusiasm of the many participating instructors, panelists and speakers that form part of this program. There is much to celebrate, and we look forward to celebrating with you this Summer in Munich!

2/3 July 2016

ERA 25th Anniversary Conference & General Assembly

29 June – 1 July 2016

Pre-Conference 3-day Workshops with Michael Salveson Konny Obermeier

4 – 6 July 2016

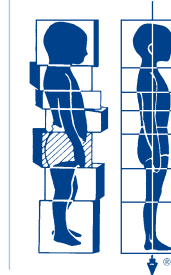
Post-Conference 3-day Workshop with Tessa Brungardt

4 – 5 July 2016

Post-Conference 2-day Workshops with Stefan Dennenmoser Sharon Wheeler

### Contact

If you have any questions, contact us:



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