

BIENNIAL MEETING 2026

Share and Embrace the Uniqueness
of our Practice & Community

Rolfing® Gathering

Sunday 27 September 2026

Community Day – Sharing, Exploring & Moving Together

Re-awaken the Tonic Function & Perception of Contralaterality through Nordic Walking

with Marcel Teeuw

08:00–09:30

An experiential walk using original exercises to enhance the perception of inner and outer space and explore the relationship between walking and the body's main fascial structures. A playful and embodied way to discover new dimensions of walking, coordination and spatial awareness.

Please bring your walking sticks!

Feet in Motion

with Uli Förg

09:30–11:30

A practical and interactive exploration of the movement and functionality of the feet in the context of Rolfing Structural Integration. Through body reading, movement exploration, questions and hands-on techniques, we will investigate ways to improve foot mobility, function and awareness.

Rolfing & Trauma

with Sascha Bauer

11:30–13:00

Drawing on 28 years of experience, Sascha will share insights from working with clients experiencing emotional and physical trauma. Through case stories, practical experience and discussion, we will explore psychosomatic patterns, emotional responses and how to approach emotional release with greater confidence and awareness in Rolfing practice.

Lunch Break & Socialising

13:00–14:30

A chance to relax, connect and share with colleagues.

Voice, Movement & Rolfing®

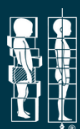
with Florian Thomas

14:30–16:00

What happens when we bring the voice into the Rolfing process?

This interactive workshop explores the connections between voice, movement, breathing and embodiment. Through simple movement explorations, body reading and guided self-palpation, we will discover how working with the voice can open new possibilities for ease, expression and integration in our Rolfing practice.

Please note: This programme is provisional and may be subject to modification. Timings and session details may be adjusted according to the final organisation of the day.



European ROLFING® Association e.V.



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Europe