



# Sitting and Standing Work

When and why client is not laying down...

**Instructor: Rita Geirola**  
**March 29 - 31, 2019, Munich**

In giving sessions, there can be good reasons to decide to work using different ways to organize the client's body position, like sitting or standing.

It happens more often at the end of a session, to integrate in a different relation to gravity what we have achieved in the lying on the table work.

Or sometimes clients cannot easily lay on the table because of physical impediments, and we have to be able to adapt to their limitations and boundaries.

In any case, having the client in a more active relation to gravity, eliciting the tonic activity to stabilize their system meanwhile receiving the inputs of the rolfer work, can be a powerful tool to reach a better level of integration, and learn how to use what they got from the session in a more "every day like" context.

In the workshop students will explore:

- ways to improve self-perception in the clients while he is active in gravity
- ways to give tissue work and offer functional suggestions to the system, both related to the 10 basic sessions, or to specific goals (for example: movement related gesture improvement, like musicians)

## Rita Geirola



Certified Advanced Rolfer™. Certified in 1987, Movement Practitioner in 1997, her background includes studies in the field of Physical Education and Mézières Method, as well as certificates as Feldenkrais Practitioner (1992) and Pilates Instructor (1998). Her main curiosity is finding different approaches and languages to address individual client's needs and resources to achieve a full development of their potentiality and integration. Points of view of Hubert Godard, Peter Levine and M. Feldenkrais have had a deep impact on her and her teaching. Rita is a Rolf Institute Instructor in Rolfing® and a Rolf Movement®. She gives individual and group sessions in her practice "Il Punto di Svolta" in Torino, Italy.

Date: **March 29 – 31, 2019, Munich**  
Place: **ERA, Saarstr. 5; 80797 Munich**  
Credits: **1 Intermediate (Manipulation) Credit, 2 Movement credits**

Prerequisites for attending the workshop: Rolfers™ with any level of practice

Training Fee: € 535,-  
Early registration: € 475,-

To qualify for early registration you have to send your registration and the payment before 20 December 2018.

To complete your application, please fill out and sign this registration form:

**Registration: Workshop “Sitting and Standing Work” with Rita Geirola; March 29 – 31, 2019, Munich**

**Fee: € 535,- regular, € 475,- for early registration before 20 December, 2018**

**After sending in your registration you will get an invoice.**

**Cancellation fees:**

**The following cancellation fees apply: Cancellation up to six weeks before start 50 € cancellation fee, up to two weeks before start 50% of the full tuition. Cancellation less than two weeks before start or no-show 100% of the full tuition. We offer a cancellation insurance issued by our renowned partner Europäische Reiseversicherung. It covers your cancellation fees (except for a deductible of 20%) in case you are not able to attend the training due to significant events like illness, job loss, relocation. Please register on our homepage [www.rolfing.org](http://www.rolfing.org)**

**A minimum number of participants is requested. If this minimum is not reached, classes can be cancelled.**

*I have read and agreed to the conditions above and hereby register for the Workshop “Review of the 10 sessions – part 1”. In particular, I agree to the cancellation policy and have been made aware of the Europäische Reiseversicherung cancellation insurance.*

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**Name**

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**Address**

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**Phone/Fax/email**

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**Date**

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**Signature**

To complete your application, please send, scan/email or fax it to:

European ROLFING® Association e.V. Saarstraße 5 80797 München Fax: +49 89-543709-42 Email: <a href="mailto:training@rolfing.org">training@rolfing.org</a>
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