



European Advanced Rolwing® Training 2019

Mon. 01.07. – Fri. 02.08.2019

(Weekends are off)

ERA, Munich

Instructor: Lael Katherine Keen

Assistant: Pierpaola Volpones

Rolwing®, as a practice and a profession is an art that continues to unfold throughout the lifetime of the Rolfer™. The Advanced Training is a very special mark in the life of a Rolfer™, a moment when each student brings the skills, understandings and questions of the first years of clinical practice into an environment where together we will question, research and discover new worlds. The Advanced Training is an exciting moment in which there is time to deepen into a fuller, broader and more integrated understanding of what it is to practice Rolwing® and be a Rolfer™. Some of the elements that we will explore together in this class:

- **Touch**—Over the years as Rolfers™, we learn many techniques, however, a technique is only viable to the extent that, through our touch, we are able to access the client's willingness for change. A technique teaches us to touch in a certain place with a certain intention, but if the client's body closes to our hands, it doesn't matter what technique we are using, it will be ineffective. In this training we will work with QQDDD (quality, quantity, depth, direction and duration) a formula that allows us to tailor our touch to access the "yes" in each client's body and spirit, we will explore a wide spectrum of touch, from direct to indirect, from evocative to listening, from firm to light, and we will reflect together on how we can use these variations to truly touch and be touched by our clients.
- **Body Reading**— We will refine our capacity for body reading, through all of our sensory channels, sight, empathy, touch, sound and somatic resonance.
 - We will be looking at how each Rolfer™ perceives her clients, and building on already existing strengths as well as exploring new ways of perceiving.
 - We will have specific body readings with specific questions and specific tests for each area of the body and each set of relationships that we study. These exercises will help us to perceive more deeply what is happening in the client through all the taxonomies (structural, functional, energetic and psychobiological).
 - We will look at the body in movement to perceive how the bigger and repetitive patterns of walking, breathing and orienting contribute to the local issues that we are addressing and how these local issues once resolved, can then be more effectively integrated into the whole.
- **Biomechanics of the major joints of the body**
 - Learning what healthy, full-range function looks like at each joint and how to perceive through body reading, palpation and motion tests, where there is restriction and less than optimal function.
 - Different coordinative/perceptual/orientation patterns that may cause joints to become motion-restricted and how to tell if the restriction is primarily functional (inhibition) or structural (lesion)
 - techniques for releasing motion restrictions in the articular system.
 - Learning to perceive and address the underlying functional and psychobiological aspects of joint problems.
- **Embodiment**
 - The degree to which we embody the work is the degree to which we can effectively transmit the work, thus significant emphasis will be given to each Rolfer™'s own embodiment at all levels, from the biomechanical to the psychobiological.
 - As we go on the joint by joint tour of the body which is part of the Advanced Training curriculum, we will learn small, easy embodiment exercises for each joint—explorations that will help us to

- understand that joint in our own bodies, help us to work more specifically and effectively to release joint restrictions in our clients' bodies and which can be taught to our clients for self-care.
- We will also be reviewing each practitioner's body use patterns when Rolwing® and experimenting with new alternatives that will give each Rolfer™ a longer, easier working life.
 - **Review of the 10 session series**--this time, not as a recipe but as a set of principles and principle based strategies that help us to meet the client through the many layers of his or her being.
 - **Design a series of non-formulistic Advanced sessions that are tailored to the unique needs of each client**—Students will practice this non-formulistic series on each other—a moment where the specific needs of each students' body will be addressed—and on class clients.

The curriculum will be explored through lectures, demos, practices, exchange of sessions with a class mate, and work on class clients.



Lael Katherine Keen

trained as a Rolfer™ in 1984 and has been teaching Rolwing® (since 1995) and Rolf Movement™ Integration (since 1998) for the Rolf Institute® on four different continents. She is founding member of the Brazilian Rolwing® Association. She has studied Tonic Function with Hubert Godard since 2000. She also teaches Somatic Experiencing® (Peter Levine's trauma work) at all levels, for the Somatic Experiencing Trauma Institute, and has studied and taught Ki-Aikido for 36 years. She is currently completing her internship as an Art Therapist. She is fascinated by the way that structure, function and destiny intertwine in the human being to create our states of health, ease and dis/ease and how we, as Rolfers™ may intervene to change this process towards greater levels of ease, joy and embodiment.



Pierpaola Volpones

is a member of the Rolf Institute® since 1986 and a certified Advanced Rolfer™ and Rolf Movement™ Practitioner. Rolwing® has been her full time profession since she graduated in 1986 and is still her passion and main interest. Teaching Rolwing® is also her passion; she completed the teacher training in 2006 and since then, besides her Rolwing® practice in Italy, she teaches Rolwing® and Rolf Movement™ trainings and workshops all over Europe. Her continuing education embraces the field of fascia manipulation and of functional work. She has taken classes with J.P. Barral and Peter Schwind to enhance manual skills and with Hubert Godard to deepen the understanding of the functional work within Rolwing.

Registration: Advanced Rolfig® Training in Munich (01.07.-02.08.2019):

Training Fee: € 4.600.-

Early registration: € 4.400.-

For each ERA-WS-Credit (only organized by ERA Munich) you will get a discount of 10 € - max. 150 € for 15 ERA-WS-Credits. To qualify for early registration you have to send your registration and the down payment (500 €) before 15 January 2019.

Registration and down payment of € 500.- required by deadline 15 March 2019.

Admission requirements:

3-7 years practice after Certification of which a minimum of 3 years are full-time practice

18 Continuing Education Credits

- 9 Manipulation Credits - taught by an approved Manipulation Rolfig® Instructor.
- 3 Movement Credits - taught by an approved Rolf Movement™ Instructor.
- 3 Internal Motion Credits (cranio or visceral), taught by an approved Instructor
- 3 Elective Credits, taught by an approved Instructor

To complete your application, please send or fax the following documents to the ERA:

- This registration form with date and your signature
- The Admission form with titles, teacher names, dates and hours of your CE
- Copies of workshop certificates or confirmations

If you do not fulfill all requirements please contact the office. There is a possibility to apply for a waiver, which will allow you to start the Advanced Rolfig® Training and fulfil the requirements until Certification as a Certified Advanced Rolfer™.

Please send your payments to:

European Rolfig® Association e.V.
 Bank für Sozialwirtschaft; Karlsplatz 10; 80335 München
 Konto: 88 77 800; BLZ: 700 205 00
 IBAN: DE03 7002 0500 0008 8778 00
 SWIFT(BIC): BFSWDE33MUE

Cancellation fees:

Cancellation after 15 March 2019: no refund of the down payment.

Cancellations after the 1 April 2019 will be obligated to pay the FULL FEE, unless an alternate participant can be found, then only a cancellation fee of 50 € will be charged. 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 refer to the information on our webpage www.rolfig.org.

Minimum number of participants: 14.

If this number is not reached by 15 March 2019, the training can be cancelled by ERA.

Registration:

I have read and agreed to the conditions above and hereby register for the Advanced Rolfig® Training 2019. In particular, I agree to the cancellation policy and have been made aware of the Europäische Reiseversicherung cancellation insurance.

Name

Address

Phone/Fax/email

Date

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: training@rolfig.org
