



Structural Aging

3-day-workshop for Rolfers™

Instructor: Valerie Berg
June 21 - 23, 2019, Munich

Structural Aging - The Structural Patterns that Age Us (any age)-Postural and Functional Breakdowns

Structural Aging is a term I created to describe the various structural breakdowns that can occur at any age. It is not about old age.

We, as Structural Integrators have many moments in the ten series and post ten work to intervene and structurally change the aging process. Many of our clients are concerned with the process of aging and we can talk about this and affect it in our sessions.

This workshop will teach functionally and structurally how to work with the patterns that we can influence fascially and with awareness. The lumbar curves, the loss of head/neck/perceptual relationships, the gait and the spirals of legs and spine will be addressed. Specific manipulation work will be taught for aging related issues.

The workshop is taught by Valerie Berg:



certified Rolfer™ since 1988., Advanced Rolfer™ since 2000 and a member of the RISI Faculty since 2003. She is also a Rolf Movement™ Practitioner, Her work is influenced by Hubert Godard, Yoga and Dance. She worked in Guatemala for 5 years Roling during a war for 5 years and thus pursued Peter Levine's trauma training after that.

She has been practicing in NM for 30 years and alternates working in San Diego, California. Tango kayaking, sculling and yoga keep her moving and interested in the vitality of our bodies continuing through the years.

Structural Aging has become her focus of podcasts, writing and workshops. The joy of movement for the human body is what brought her to be a Rolfer and now continues to be what can be brought to anyone of any age through Structural Integration.

Date: **June 21-23, 2019**
Friday and Saturday from 9 am to 6 pm, Sunday from 9 am to 5 pm

Place: **European ROLFING® Association e.V. Saarstr. 5, 80797 München**
Credits: **3 Intermediate (Manipulation) 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 March 20, 2019.

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

**Registration: Structural Aging
June 21-23, 2019 with Valerie Berg**

Fee: € 535,- regular, € 475,- for early registration before March 20, 2019

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 refer to the information for further details.

(<https://www.reiseversicherung.de/vrv/partner/ep-Assistent.html?ctrl/state=sem-start&/data/agent/hagtnr=023440&/data/agent/nagtnr=000000>)

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

Registration:

*I have read and agreed to the conditions above and hereby register for the Workshop “**Structural Aging**”. 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@rolfing.org
