

Location and Accommodation



© WHITE Spreelounge

Conference Location **Essentis Bio-Seminarhotel**
Weiskopffstraße 16/17, 12459 Berlin, Germany
www.essentisbiohotel.de

Conference Dinner Location **WHITE Spreelounge**
Edisonstr. 63, 12459 Berlin, Germany, www.white-berlin.de

Accommodation

Participants are kindly requested to contact the hotels directly to secure a hotel booking.

Essentis Bio-Seminarhotel www.essentisbiohotel.de (special conference rates have been negotiated on behalf of participants)

Hotels situated in close vicinity to the conference venue:

Hotel Kubrat an der Spree: www.hotel-kubrat.com

NH Hotel Schönweide: www.nh-hotels.de/hotel/nh-berlin-treptow

Hotel Penta Köpenick: <http://www.pentahotels.com/destination/germany/berlin-koepenick>

Directions

For directions please visit www.rolfing.org/in-connection

Local Friendly Organizer

Rolfing® Verband Deutschland (Rolfing® Association Germany)
Birgit Frank, birgitfrankberlin@gmail.com

For information on registration fees and course availability please refer to the conference website at www.rolfing.org/in-connection or contact the ERA Office at info@rolfing.org

Saturday, 10 November 2018

Marketing Seminar
17:30 – 19:00, Essentis Hotel

Demystifying Rolfing® – Structural Integration



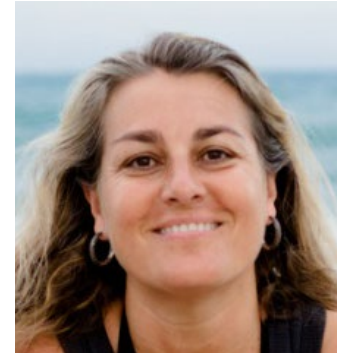
How to Harness PR and Media Communications to Grow Your Practice
Charlotte Fraser and Sibyl Darrington
London, UK

This workshop will provide ideas and strategies to help participants raise awareness of Rolfing®, and to enable them to communicate more effectively with the media in order to enhance their reputation and expand their prospective client base. Workshop topics will include:

- What Public Relations is – and what it isn't!
- What are the benefits of PR?
- The PR Tool Kit
- Guidance on media protocol and how best to handle journalists
- Rolfing UK Case Study – to help equip you with a simple framework so you can more confidently undertake your own local or regional PR campaign
- Questions and Answers for Sibyl and Charlotte
- The Art of Story Telling – What's your story?
- Practical Exercise

Participating Speakers and Panelists

For further information and background on all speakers please consult the conference website: www.rolfing.org/BM2018



Bibiana Badenes
Benicassim, Spain



Thomas W. Findley, MD, PhD
Newark, USA



Franz Mechsner
Bad Belzig, Germany



Robert Schleip, PhD
Munich, Germany



Mary Bond
Los Angeles, USA



Rita Geirola
Torino, Italy



Suzanne Picard, MFA
Boulder, USA



Peter Schwind
Munich, Germany



Stefan Dennenmoser, PHD
Ravensburg and Ulm, Germany



Jonathan Martine
Longmont and Denver, USA



Pedro Prado
Sao Paulo, Brazil



Adjo Zorn, PhD
Berlin, Germany

IN CONNECTION

European Rolfing® Association e.V.
Biennial Conference
Workshops
General Assembly
www.rolfing.org/in-connection

BERLIN
NOVEMBER
8-12 · 2018

Workshop 1

3 Days, Thursday – Saturday, 09:00 – 18:00, Essentis Hotel

Spinal Therapeutics

A Systems Approach to Vitality and Personal Agency

Suzanne Picard & Jonathan Martine
3 Intermediate Credits

This workshop will integrate axial and appendicular approaches to address spinal challenges blending anatomical understanding and manual approaches with perception and coordination. Topics covered include scoliosis, common spinal dysfunctions - habitual and traumatic - recovering spinal fluency with session-based interventions and home lessons.

Workshop 2

3 Days, Thursday – Saturday, 09:00 – 18:00, Essentis Hotel

Rolfing® and the Autonomic Nervous System (ANS)

Pedro Prado
1 Intermediate Credit,
2 Elective Credits

In this workshop we shall explore theoretically and train students in the role ANS plays in the Rolfing process, and deepen and refine the use of touch to balance the ANS in the context of SI. The field of Structural Integration is increasingly informed by what we have come to understand about the Autonomic Nervous System (ANS) and how, through that system, experiences and trauma becomes embedded in the flesh. ANS responses can be accessed and modulated through specific styles of touch; and the greater our mastery of it, the more our work will support our clients' personal evolution and transformation.

In this 3-day course, students will:

- Reflect on the role of the ANS in the establishment of patterns and in transformation
- Learn to use touch to influence the ANS in the context of Rolfing® SI
- Track the effects of touch on the person's structure and function
- Explore the role of touch from the psychobiological perspective

Workshop 3

3 Days, Thursday – Saturday, 09:00 – 18:00, Essentis Hotel

The Shoulder Girdle

Support for Self-Expression

Mary Bond
2 Movement Credits,
1 Intermediate Credit

Join Mary Bond for an exploration of the influence of shoulder integration on the actions and gestures of work and play, on our interactions with others, and on breathing, core stability and gait.

The workshop is designed for Structural Integration practitioners to enhance their embodiment, and to gain body reading confidence and success in designing practical and transformative movement solutions for clients.

- Understand the shoulder patterns and problems we feel in ourselves and notice in others
- Review the biomechanics of the arms, shoulder girdle and spine
- Practice interventions that develop shoulder support and improve shoulder and arm articulation
- Develop support for gestures of giving, receiving, grasping, receiving and stopping
- Use movement education to help musicians, artists, dancers, athletes, computer programmers and new mothers eliminate shoulder symptoms

Workshop 4

1 Day, Saturday, 09:00 – 18:00, Essentis Hotel

Rolf Movement™ and Somatic Coaching

Integration at the workplace in group dynamics and in ourselves

Bibiana Badenes
1 Elective Credit

When we are challenged, threatened or hurt, our natural tendency is to constrict or collapse our attention, breathing, posture, vision and movement—which is experienced as states such as fear, anger, effort, strain, shock, weakness, resignation, dissociation and so on.

In task performance, these physical responses interfere with planning and physical coordination. In situations of conflict, these powerful physical patterns undermine people's ability to think rationally, interact empathically, and act peacefully when the physical response patterns get locked into the body.

By learning how to open and balance your body, breath, and attention, one can create a physical and mental state of relaxation, expansiveness, calm alertness, and compassionate power. This state of mind/body integrity is the foundation for overcoming the distress response and for handling life's challenges effectively, it can be applied right away in our clients and with all situations of our daily life.

Conference IN CONNECTION 

07:00 – 08:30 Rolf Movement™ Meets Tai Chi Chuan Embodying & Cultivating the Ting Jing, the Craft of Listening
Nicola Carofiglio (Italy), Advanced Rolfer™, Rolf Movement™ Practitioner & Andrea Brighi (Italy), Certified Rolfer™

08:30 – 09:00 Registration

09:00 Conference Opens

09:10 – 10:00 Insights from Somatic Experiencing® into the field of Rolfing® Structural Integration
Pedro Prado (Brazil)

10:10 – 11:00 ERA General Assembly

11:00 – 11:20 Coffee Break

11:20 – 12:30 ERA General Assembly

12:30 – 14:30 Lunch

14:30 – 15:10 The Acute Reaction of the Lumbar Fascia to a 4-minute Rolfing Treatment
Dr. Stefan Dennenmoser (Germany)

15:10 – 16:20 Panel I How do we move? Three scientific perspectives. Understanding the biomechanical and perceptual organization of human movement is essential in Structural Integration. This session combines different perspectives in which three scientists with a close personal understanding of the Rolfing® process share their understanding and ask their most intriguing questions.

*Anatomical perspective: Robert Schleip PhD (Germany)
Biomechanical perspective: Adjo Zorn, PhD (Germany)
Perceptual perspective: Franz Mechsner PhD (Germany)*

16:20 – 16:40 Coffee Break

16:40 – 17:10 Panel II How do we move? Discussion
Robert Schleip PhD, Adjo Zorn PhD, Franz Mechsner PhD

17:15 – 18:00 Fascia from the perspective of 50 years as a clinician, scientist, and Rolfer
Thomas W. Findley, MD, PhD (USA)

19:00 Dinner & Dancing ENJOY CONNECTION! WHITE Spree lounge

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09:00 Conference Opens

09:10 – 10:00 Rethinking the Psoas – Conceptual and practical considerations
Dr. phil. Peter Schwind, HP (Germany)

10:10 – 11:00 „Homework“ Why And How?
Rita Geirola (Italy)

11:00 – 11:15 Coffee Break

11:20 – 12:30 Making Connections Self-Other-Community and beyond
Jonathan Martine (USA) & Suzanne Picard (USA)

12:30 – 14:30 Lunch

14:30 – 15:20 So what's Next? Strategic Planning in a Changing World.
Richard Ennis (USA), Christina Howe (USA) (The Rolf Institute)

15:30 – 16:20 ROLFING® Structural Integration as Part of Healthcare
Bibiana Badenes (Spain)

16:20 – 16:40 Coffee Break

16:40 – 17:30 Movement Perception & Meaning
Mary Bond (USA)

17:30 – 18:00 Closing Remarks

Programme Overview

Thursday, 8 – Saturday 10 November 2018, 3 day workshops

- Workshop 1 Spinal Therapeutics: A Systems Approach to Vitality and Personal Agency**
Jonathan Martine (USA) and Suzanne Picard (USA)
- Workshop 2 Rolfing® and the Autonomic Nervous System (ANS)**
Pedro Prado (Brazil)
- Workshop 3 The Shoulder Girdle: Support for Self-Expression**
Mary Bond (USA)

Saturday, 10 November 2018

- Workshop 4 Rolf Movement™ and Somatic Coaching: Integration at the workplace in group dynamics and in ourselves (one day workshop)**
Bibiana Badenes (Spain)

- Marketing Seminar Demystifying Rolfing® – Structural Integration: How to Harness PR and Media Communications to Grow Your Practice**
Charlotte Fraser (UK) and Sibyl Darrington (UK)

- Evening Welcome Reception in the Essentis Hotel**

Sunday 11 November 2018

- ERA Biennial Conference IN CONNECTION Day 1**
- ERA General Assembly**
- Evening Dinner, Party and Dancing – White Spree Lounge**

Monday 12 November 2018

- ERA Biennial Conference IN CONNECTION Day 2**

The detailed programme and further information can be found at www.rolfing.org/in-connection

Contact

Contact us for any questions you may have:

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