

What to expect

Theory

- A new approach to understanding structural, postural and movement patterns;
- Memorable presentation of the body's interwoven systems;
- New perspectives on the development, the anatomy and the function of fascia;
- A bodyworker's guide to cell physiology;
- Coordination and integration of the human organism in the context of gravity;
- Learning and un-learning movement patterns;
- Coordination between tonic and phasic muscles.

Psychology

- Therapeutic relationship in the context of bodywork;
- Appropriate contact and distance;
- Appreciating the potential and freedom of Movement Expression.

Practice

- Living anatomy, movement, touch;
- Myofascial topographical and functional anatomy;
- Three-dimensional modeling with clay on a skeleton;
- Developing palpatory skills;
- Manual distinction of various types and layers of connective tissue;
- Introduction into manual intervention in the fascial net;
- Fundamentals of visual body analysis;
- Identification of movement patterns in the context of gravity and orientation in Space;
- Exploration of your own body-use through movement and touch.

Body Awareness

- A spectrum of movement explorations to keep your mind awake and your body alive.

„Spectrum is the best way to get a great introduction of Rolfing.“

Quotes from participants of Spectrum



European ROLFING® Association



European ROLFING® Association

Registration and further information

European ROLFING® Association e.V.

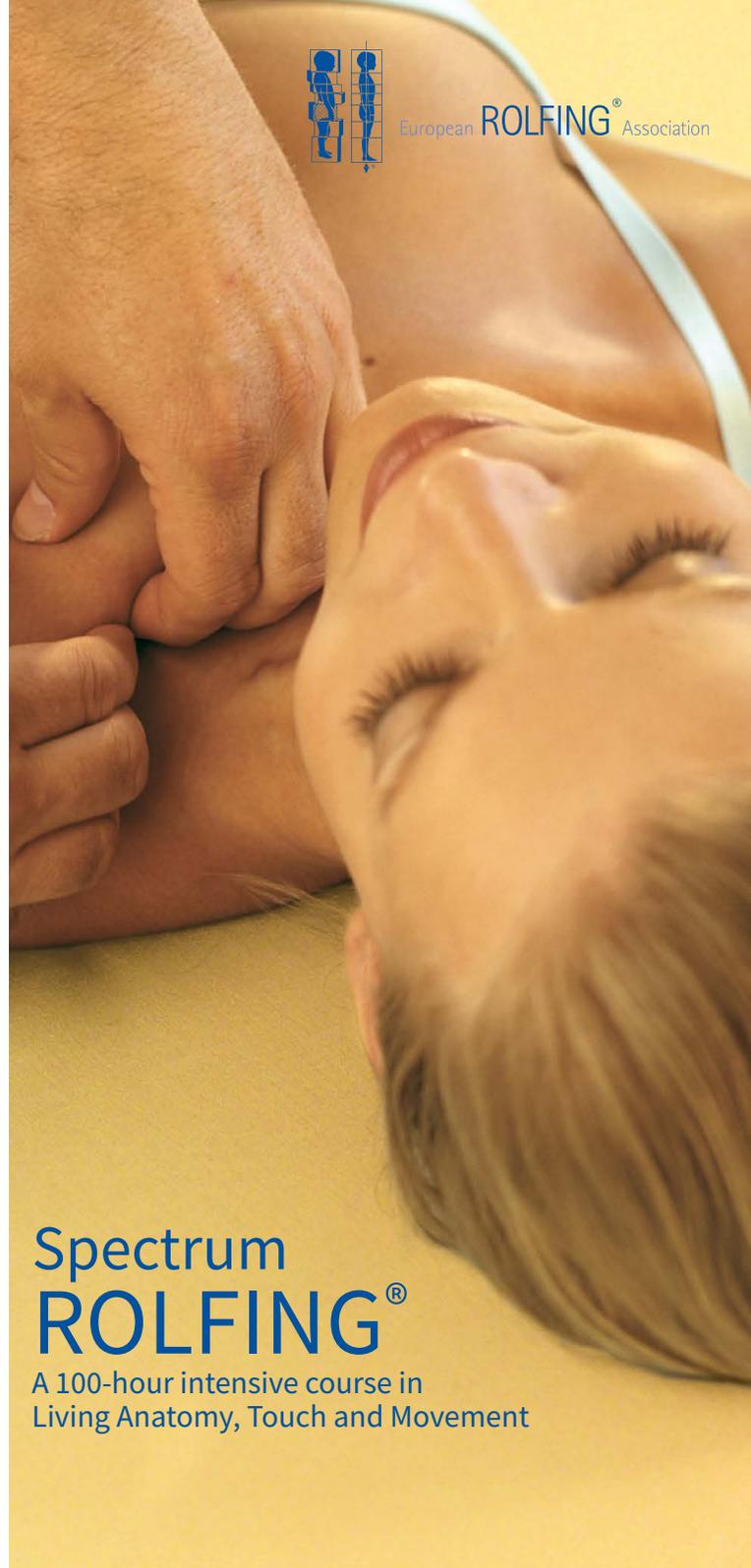
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Spectrum
ROLFING®

A 100-hour intensive course in
Living Anatomy, Touch and Movement

Intensive Format

The residential format allows participants to continue exchanging and experimenting with the material after class hours. On the days off the surrounding Alps offer beautiful recreational opportunities. The class will provide you with new insights in the areas of body structure, movement coordination, 3-dimensional fascial and functional anatomy and manual bodywork skills. The Spectrum offers a preview into three specific aspects, that are the central pillars of the Rolfing® training: Rolf Movement™, Anatomy and Touch.

Spektrum ROLFING®

Spectrum ROLFING® is an essential preparation for entering and exploring the world of bodywork from a Rolfing® perspective.

It is offered in two ways: either in a residential format (100 hours over 15 days) at a country estate at the foot of the Alps, or in three consecutive modules (88 hours over 11 days) in Munich.

- **MOVEMENT:** Functional understanding of structural organization, coordination and body – / space perception.
- **ANATOMY:** Basic anatomical knowledge and exploration with layered palpatory skills in the myofascial and skeletal systems.
- **TOUCH:** Learning basic understanding of structural Body Reading in relation to gravity and initial manual skills working in the fascial net.

Especially designed for those preparing for the Rolfing® Certification Training, this course is also an appropriate practice seminar for any bodyworker wishing to refresh and deepen their knowledge in the field of structure, movement and touch. The focus of these workshops is to inspire professionals already working in the field of fascial and spacious relationships. It also invites those with no professional bodywork background to take a journey into the world of fascia, human movement and gravity. Learning happens best if curiosity, fun and sincerity go hand in hand.

SPECTRUM ROLFING® is a means of self awareness and exploration with oneself and the other participants. For many European ROLFING® practitioners SPECTRUM was the foundation of their professional Rolfing® career. On top of that many long lasting friendships and work collaborations were established in SPECTRUM classes.

Modular Format

Movement

In the Rolf Movement™ section you will be introduced to the Rolf Movement™ theory of fundamental functions such as breathing, walking and the gestures of expression within the gravitational field. The teaching team will provide guided movement explorations so the participant will experience his/her own movement habits as well as learning to perceive patterns in others. These exercises take place individually, in pairs or in small groups.

Learning new ideas happens best in a supportive, playful and non-judgmental environment. This can lead to change and transformation.

Spectrum Rolfing® replaces two of the five required Rolf Movement™ sessions for entering Phase 1 of the Rolfing® Training.

Anatomy

In the Rolfing® Anatomy section of Spectrum participants begin to explore the field of anatomy not only from books, but as a living, connected experience. Anatomical understanding is supported by creating 3-D models with clay, building muscles on skeletons and then palpating those structures with your partner. Learning regional anatomy helps participants develop myofascial palpatory certainty. The participation prepares you for the required Admission Paper to enter the Phase 1 of the Rolfing® Training.

Touch

The Rolfing® touch section combines visual structural analysis of the body in gravity with the capacity to sense different fascial layers and kinds of connective tissues. Feeling and understanding how collagen fibers react to different types of touch is one of the central aspects of this part of class. While working with your partner emphasis is placed upon your own body use and how you organize in gravity. Our highly experienced teaching team introduces you to manual interventions using your fingers, knuckles and palms. Participating in the TOUCH section meets part of the “hands-on – experience” requirement for entering the Rolfing® Training

European ROLFING® Association e.V.

The European Rolfing® Association e.V. is a membership corporation of Rolfing® practitioners in Europe.

The non-profit organization was founded for the purpose of „promoting education and training in the field of Structural Integration of the human body as described by the method's founder, Dr. Ida P. Rolf.“

„Gravity is the Source of all Grace.“

Lao Tsu

„I was amazed of the quality of the course. I learned a lot about myself and the language of my body.“

Quotes from participants of Spektrum

