



European Rolf Movement™ Training

2020-2021

**Instructors: France Hatt-Arnold, Rita Geirola,
Pierpaola Volpones
Location: ERA, Munich**

Since 2018 the European Rolfing® Association offers the Rolf Movement™ Trainings in a modular format. Each Training Round will take place over 3 Parts; and each Part will have two or three Modules.

The aim of teaching in smaller modular units is twofold. Firstly to give Rolfers™ attending the training the opportunity to bring the elements experienced in class to their practices, and then to come back to class with further questions and insights from what has been applied. All Parts will be taught by an instructor/assistant pair from the European Rolf Movement™ Faculty. Please see schedule below.

Part 1 (11 days)

FUNCTIONAL EMBODIMENT OF THE 10 ROLFING® SESSIONS

In this part of the training we will deepen the understanding of the functional aspects of the 10 Rolfing® sessions. The embodied explorations will be a platform for the Rolfer™ to deepen their understanding of the Rolfing® process and to be able therefore to offer more resonant movement explorations for their clients through the sessions.

Part 2 (10 days)

STRATEGY AND DESIGN OF A ROLF MOVEMENT 3-SERIES

In this second part we will focus on learning how to strategize and build a series of 3 Rolf Movement Sessions, not necessarily linked to the classical Rolfing Process; this will support Rolfers in creating a richer tool-set for meeting the varied needs of clients. Ultimately the intention is to support the client's development of their body awareness and their ability to creatively sustain the benefits they gained from their 10 series Rolfing process. That said this series of three Rolf Movement Sessions could equally be used with clients who have not undergone the classical Rolfing Process itself and may be looking for an introduction to it.

Part 3 (9 days)

INTRODUCTION TO LEADING ROLF MOVEMENT GROUPS

In this last part, using Rolf Movement theory, principles and embodied explorations, we will explore further how to create sequences and sustain series of movement exploration classes to be used in a group setting. This part is intended to assist Rolfers in creating additional support for their clients on-going work on themselves. It will also provide a new vehicle with which to reach out to interested groups, through Rolfing Movement classes, as a potential way of meeting new clients and introducing them to the Rolfing Process.

Part 3 invites already certified Rolf Movement Practitioners to participate in the newly developing aspect of the Rolfing body of knowledge – “leading groups”.

Rolf Movement™ Instructors



France Hatt-Arnold

I practice in Geneva, Switzerland since 1986. I am a Rolf Movement™ Instructor for the Rolf Institute® since 1994 and a Rolwing® instructor for the European Rolwing® Modular training since 2007. I was raised in an environment of music & movement education. My research towards gracious movement supported by a resilient and receptive body has been anchored in the fascial work easing gravity flow, and the integration of gravity into daily life's general movement. Inspired by Hubert Godard's contribution to the Rolf Institute, I blended his work and research to the Rolwing® and Rolf Movement™ tradition. I teach regular Rolf Movement™ classes to clients, dancers, physiotherapists and orthopaedists.



Rita Geirola

I am a certified Advanced Rolfer™. Certified in 1987, Rolf Movement™ Practitioner in 1997, my background includes studies in the field of Physical Education and Mézières Method, as well as certificates as Feldenkrais Practitioner (1992) and Pilates Instructor (1998). My 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 me and my teaching. I am a Rolf Institute Instructor in Rolwing® and Rolf Movement™. I give individual and group sessions in my practice "Il Punto di Svolta" in Torino, Italy.



Pierpaola Volpones

I am a member of the Rolf Institute since 1986; I'm a certified Advanced Rolfer™ and Rolf Movement™ Practitioner.

Rolwing® has been my fulltime profession since I graduated in 1986 and still it is my passion and main interest.

Teaching Rolwing® is also my passion; I completed the teacher training in 2006 and since then, besides my Rolwing® practice in Italy, I teach Rolwing® and Rolf Movement™ trainings and workshops.