

Spectrum

ROLFING®

Modular

Living Anatomy, Movement and Touch



Spectrum Rolfing® – Movement

with **Herve Baunard**

08. - 11.08.2019 (Thu - Sun), Munich, 500 €

Functional understanding of structural organization, coordination and body / space perception.

Spectrum Rolfing® – Living Anatomy

with **Konrad J. Obermeier**

05. - 08.09.2019 (Thu - Sun), Munich, 500 €

Basic anatomical knowledge and exploration with layered palpatory skills in the myofascial and skeletal systems.

Spectrum Rolfing® – Touch

with **Rita Geirola**

17. - 20.10.2019 (Thu - Sun), Munich, 500 €

Introduction of the basic elements involved in working with fascia.

If you book all three courses: 470 € per course.

Location

European Rolfing® Association e.V. (ERA) Training Center, Munich

Language

Spectrum Rolfing® Modular will be taught in English.

Registration

Please register with our online registration form, see rolfing.org/spectrum for details.

We recommend that you experience some Rolfing® sessions before the Spectrum.

Cancellation Policy

The following cancellation fees apply: Cancellation up to six weeks before start 100 € 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.

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Instructors



Herve Baunard is a Certified Advanced Rolfer™, Rolf Movement™ Practitioner, Rolf Movement™ Instructor.

Before he became a Certified Rolfer™ he graduated as a teacher of Physical Education and Sports. It was at that time that the Modern Dance was revealed to him. Thanks to the training of a dancer he discovered the psychosomatic techniques that would help to understand the movement in a different way, mainly with: the Dancing Movement Analysis, Pilates and Feldenkrais. In this way he became the first teacher educator of Stott-Pilates, in Spain.

Konrad Obermeier is a Certified Advanced Rolfer™ and Rolf Movement™ Practitioner. He is member of the Life Sciences Faculty of the Rolf Institute (USA) and Anatomy Instructor for the European Rolfing® Association.



He is practicing as a Rolfer™ in Munich since 1991 and teaches workshops in Visceral Manipulation and Embryology. Over the past 20 years he has contributed in different settings to the educational processes of Rolfing® Cranio-Sacral Therapy, Visceral Osteopathy, Continuum Movement and Yoga.



Rita Geirola is a Certified Rolfer™ since 1987 and a Rolf Movement™ Practitioner since 1997. She also is an Advanced Rolfer™ since 2005.

Her background are studies in the field of Physical Education and of the Mézières Method. She is certified as a Feldenkrais Practitioner since 1992 and a Pilates Instructor since 1998.

Her main curiosity is finding different approaches and different languages to be able to tune with individual client's needs and resources in order to achieve a full development of their potentiality and integration. The work with Hubert Godard and Peter Levine and the point of view of M. Feldenkrais have had a deep impact on her personal and professional development. They are also the bases of her teaching.