



Homework for the Client

Instructor: Rita Geirola

January 31- February 2, 2020, Munich (Language: English)

Clients often ask for advice on how to ‘maintain’ their organization once they have experienced the beneficial changes resulting from the Rolfing® process.

Nothing can stay still in the context of movement. However, Rolfers™ can provide clients with practical tools to evoke the sensation or feeling of the experience, and recreate the general condition that enables them to feel what they experienced, both in their physical organization and emotional state.

What can be ‘kept’ and reinforced with the client is the awareness that they have resources not previously available to them. New strategies can be deployed to meaningfully support their wellbeing, empower their sense of autonomy and help them build new patterns. We trigger a curiosity and embolden the client to explore, to perceive what is truly meaningful and will help them to achieve their goals; to consider what is important for their physical, emotional and mental wellbeing.

Homework supports and enhances the Rolfing® process, empowering clients to hold onto and integrate new strategies into their everyday life.

“Homework” or “a little time to reflect on yourself”, can come in many forms: it can be actual exercises to support on a physical level; self-treatment; the use of ‘key words’ or metaphors to evoke a memory of something achieved in the session during the day; using images to evoke a different postural pattern...

We will explore exercises and short embodiments, specifically to:

- prevent the build-up of tension, or to self-treat when a discomfort creates pain or tension;
- address part of the system or highlight the connections between them;
- Influence some general functions, e.g. freeing-up breathing, building support and capacity to rest...
- increase the ability to orient and allow the weight to flow in gravity
- awaken the tonic function

Homework has to be tailored to the client’s individual special qualities and needs with consideration given to the following:

- how open or available is the client?
- what is his conscious motivation?
- what is the secondary benefit in maintaining or changing elements of his or her organization?
- what is the level of adaptability?
- what is the level of self-perception?
- how much time are they willing to commit to self-care?

Homework can be created and prepared in the context of the Rolfing session : Rolfers can use active movement of the clients, appropriate positioning on table or stool, support for providing the sense of weight flow crucial for organizing economical movement.

Different options to integrate the work while giving the Rolfing session will be explored during the WS, to help Rolfers to orient toward the right proposal of homework for each special client.

Rita Geirola



Certified Advanced Rolfer™. Certified in 1987, Movement Practitioner in 1997, her background includes studies in the field of Physical Education and Mézières Method, as well as certificates as Feldenkrais Practitioner (1992) and Pilates Instructor (1998). Her 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 her and her teaching. Rita is a Rolf Institute Instructor in Rolfing® and a Rolf Movement®. She gives individual and group sessions in her practice "Il Punto di Svolta" in Torino, Italy

Date: January 31 -February 2, 2020, Munich
Place: ERA, Saarstr. 5; 80797 Munich
Credits: 3 movement credits

Prerequisites for attending the workshop: Rolfers™ with any level of practice.

Training Fee: 535 €
Early registration: 475 €-

To qualify for early registration you need to send your registration and payment before 31.10.2019

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

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 ERGO. 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://rolfing.org/becoming-a-rolfer/cancellation-insurance/>

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

Registration:

I have read and agreed to the conditions above and hereby register for the Workshop "Homework for the client". In particular, I agree to the cancellation policy and have been made aware of the ERGO Insurance company.
<https://rolfing.org/becoming-a-rolfer/cancellation-insurance/>

Name

Address

Phone/Fax/email

Date

Signature