



## European Advanced Rolwing® Training 2020

Mon. 16.11. – Tue. 01.12.2020 in Munich, GERMANY  
Mon. 18.01. - Tue. 02.02.2020 in Munich, GERMANY

**Instructor: Jonathan Martine**  
**Assistant: Rita Geirola**

The Advanced Rolwing® certification course (AT) provides practitioners with a 24-day extended-format course designed to advance the diverse and complex set of skills required to develop mastery in Rolwing. Emphasis is on developing the skill to create a client-centred approach through the application of non-formulaic principles for basic and advanced clients.

As Rolfers™ we are invoking our client's ability to appropriately respond to whatever arises in their environment, be it internal or external. Dr. Rolf said that the purpose of the advanced training is "to see their (the clients') radical individuality and to tailor our work to that distinctiveness."

The 10-series, Dr. Rolf's gift to the world, will provide a starting point for our inquiry. A study of the internal logic, the relationships inherent in the recipe and the body, will be a review of the series from the perspective of evoking integration. Detailed anatomy and a survey of theory (from historical perspectives and new science) to describe the complex phenomenon of embodiment will be explored. Myo-fascial, neuro-fascial, viscerofascial and cranio-fascial approaches will be presented. Structural, joint-specific approaches will be presented that include the multi-dimensional (beyond the mechanical) aspect of biomechanics. Tracking, back-work and other integrative functional strategies will be presented and refined. We will draw from and synthesize our years of personal clinical experimentation; movement and functional modalities, (from other allied health fields); and what we have learned from those that came before us.

There are many skills, attributes and characteristics that make an effective practitioner. We will explore what we consider to be the two primary requirements: practitioner presence and the utilization of a broad spectrum of contact. A practitioner's presence alone is a form of contact which either invites or restricts a client's experience and awareness. A broad spectrum of contact involves many elements: the ability to match the needs of the client; speak the language of each tissue type being contacted; balance giving and receiving information; honoring the system's response. During a session all of these elements must be negotiated moment by moment. We will access, expand and refine each student's ability to be present with "self" and "other" to enhance the extent of change which leads to integration, holism.

The Advanced Training format aims to create a collaborative environment utilizing lecture/discussion, demonstration, body reading and palpation practicums. Each Rolfer™ will give and receive work with a class partner and work on an outside client or two.

### Jonathan Martine



Certified as a Rolfer™ in 1992 and completed his advanced Rolfin® certification in 1997. He is a registered Movement Therapist, Rolf Movement® Teacher, Pilates Instructor and Rolf Institute® Faculty member since 1993. In addition, he has studied therapies that treat the fascial systems of the viscera (organs), neural (nerve) system, vascular structures and the cranium as well as movement rehabilitation from various sources. He has been in private practice since 1992. During this time he has practiced in Chiropractic offices, Physical Therapy clinics, a Pilates studio, a medical based pain management clinic, and various integrative health practices. This experience has offered a useful perspective on the vast potential of complementary approaches to health and personal transformation. He finds it valuable to see how Rolfin® and Structural Integration fit into the larger health field and identify the unique offering Rolfin® holds. Jonathan continues his study of Rolfin® and allied health fields to serve his clients and students and to share the "stories" that science holds. He is fascinated with these "stories" as they may clarify aspects of the mystery of transformation; while holding strong to the magic that occurs when the practitioner and client are present and aware of the environment in which we live.

### 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 Rolfin® and a Rolf Movement®. She gives individual and group sessions in her practice "Il Punto di Svolta" in Torino, Italy