



The Spine

4-day-workshop for Rolfers™

Instructor: Pierpaola Volpones

June 17 – 20, 2021

Munich

The Spine: Physiology, Biomechanics and our Perception of the Spine.

The spine is a complex organization of miofascial, articular and visceral systems. We know that lesions (in the physical structure) and inhibitions (at the level of perception and coordination) can interfere with the capacity of the spine to transfer the weight down to improve grounding and transmit the propulsion to orient upward and find uprightness.

During this 4-day workshop, rolfers will be guided to improve their manual skills to normalize the vertebral motions at all the regions of the spine: from the sacral-coccygeal space to the occipital-atlanto region, moving through the sacrum, lumbar, thoracic and cervical tracts.

Besides the practical manual part, the workshop is also designed to dedicate space for the embodiment and practice of functional interventions to understand the bridge between restriction in the tissue and limitations in proprioception of the spine.

Credits: 3 Intermediate required credits (manipulation) and 1 Rolf Movement™ credit.

The workshop is taught by:



Pierpaola Volpones

Certified International Rolwing® and Rolf Movement™ instructor.

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.”