

Level 1

Myofascial Foundation

Movement
9 days

Anatomy
9 days

Touch
9 days

Receive the Rolwing® 10-Series

Level 2

Structural Fascial Bodywork

Rolwing® 10-Series basic
34,5 days

3 Rolf Movement™ sessions

2 Mentor sessions

Level 3

Rolwing® Structural Integration

Rolwing® 10-Series
32 days
CERTIFICATION

Continuing Education

Intermediate Rolwing® Workshop
10 days

Rolf Movement™ Workshop
5 days

Elective Credit Workshop
3 days

Rolf Movement™ Training

Functional Aspects of Rolwing® 10-Series
30 days
CERTIFICATION

Level 4

Advanced Rolwing® Training

Advanced Practices and Principles
24 days
CERTIFICATION