



# Education Overview



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Whether you're looking for an introduction to Rolfing® Structural Integration for beginners, planning a career as a Certified Rolfer® or want to deepen your existing skills -

we offer a wide variety of Rolfing® Structural Integration training courses at our Munich institute and other education centers in Europe.

**Introduction Course - Meet Rolfing®**

**Level 1 - Myofascial Foundation**

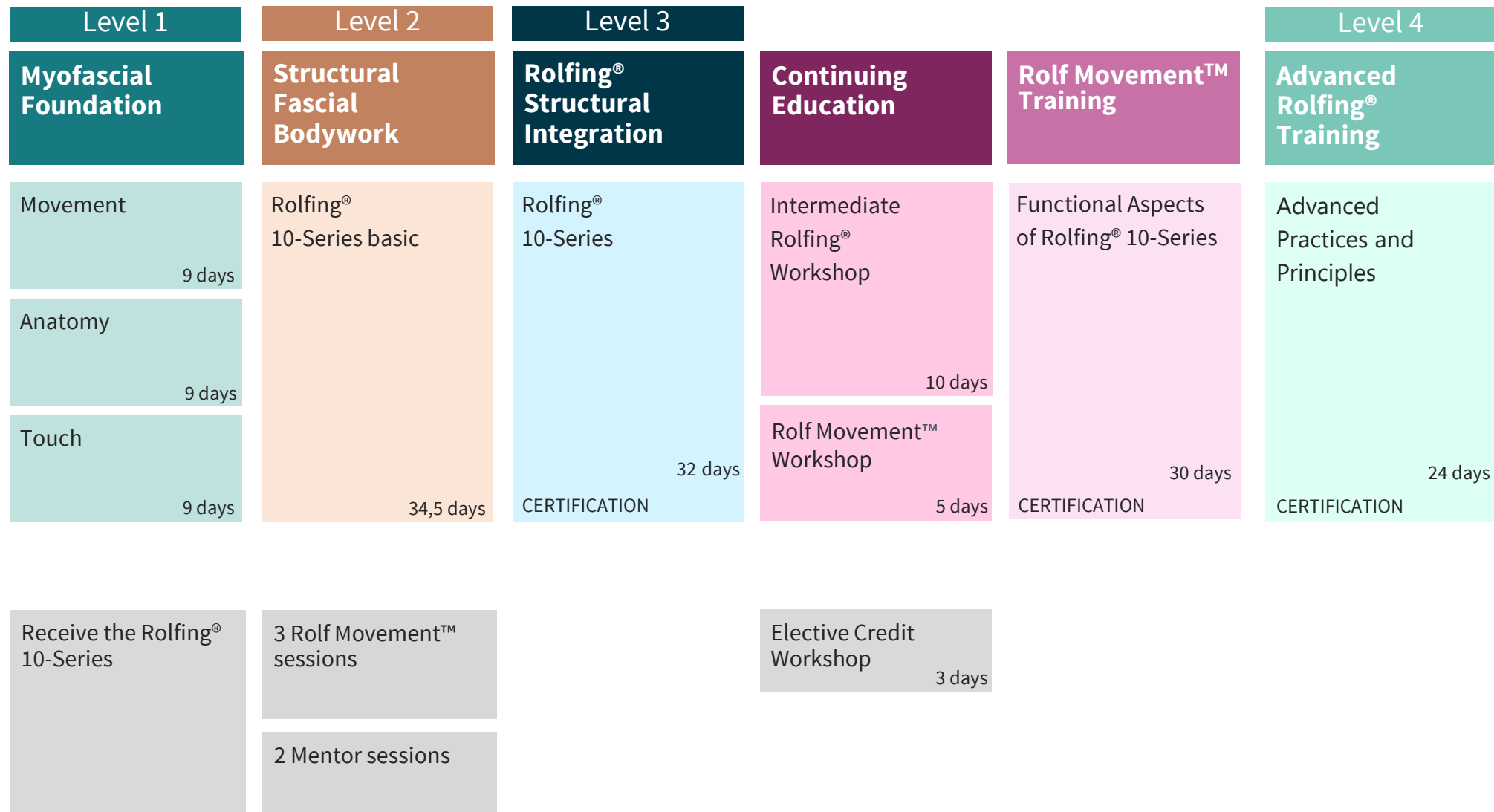
**Level 2 - Structural Fascial Bodywork**

**Level 3 - Rolfing® Structural Integration**

**Continuing Education - Preparation Courses for Level 4**

**Rolf Movement™ - Training**

**Level 4 - Advanced Rolfing® Training**







## Summary

Rolfing® Structural Integration is a manual method for improving the structure, posture and movement of the human body. Our introduction workshop offers valuable insights into the world of Rolfing®, working with fascia and orienting the body in gravity. You will experience practical skills and techniques.

## You'll learn about

- Historical background and development of Rolfing®
- Connective tissue and gravity
- Structural body analysis
- Introduction to anatomy, palpation (examining the body through touch) and practice
- Basics of touch with practical exercises
- Gravity and movement
- Rolfing®-session (Demo)

## Who is this course for

- Would you like to learn more about Rolfing® Structural Integration and working as a Rolfer®?
- Or you are thinking about becoming a Rolfer®?
- Are you interested in the function of the human body?
- Then the Meet ROLFING® Workshop is the right introduction for you.

The 1,5 days Meet ROLFING® Workshops are open to everyone (no previous experience required) and are offered several times a year.





## Summary

The Myofascial Foundation (Level 1) is our flexible introduction to the world of bodywork from a Rolwing® Structural Integration perspective. After completion, you will receive a certificate of attendance.

## You'll learn about

You'll gain a solid understanding of myofascial bodywork and movement principles. Explore the curriculum through three core topics Touch, Movement and Anatomy.

- posture as a dynamic process in gravity
- how breathing involves the whole body and what could inhibit a free-flowing breath
- the dynamics of walking and how all parts of your body work together to create stability and mobility
- the basics of human anatomy
- the body's fascial connective tissue system

- feeling different layers of the body, like the skin, fascia, muscles and bones
- understanding movement patterns and posture

## Who is this course for

- People who have no previous experience in myofascial bodywork and want to find out if it is right for them
- People who work as a manual therapist, osteopath, pilates or yoga instructor and want to expand their professional skills
- People who are a singer, dancer or actor and want to explore how myofascial bodywork can help improve their technique and delivery
- People who work as psychotherapists or coaches who would like to establish a connection to the body within their work
- People who are thinking about a career in Rolwing® Structural Integration – as these workshops are mandatory to move to the Level 2 training







## Summary

This Level 2 course teaches you the principles of Structural Fascial Bodywork to a professional level, based on Dr Ida Rolf's 'recipe'. Working on a student partner you'll learn step-by-step how to put your skills into practice.

Classes are grouped into 8 individual modules of 3 to 8 days each, spread over about 9 months. You'll have a feedback interview in the last module.

## You'll learn about

- manual intervention based on Dr Ida Rolf's 'recipe' of the 'Ten-Series' of Structural Integration
- recognising movement and posture pattern – body reading
- bodywork techniques that you can implement in your own practice
- ethics around working with clients
- practice building and business plan

## Who is this course for

- Practitioners of related bodywork disciplines, for example, manual therapists, osteopaths, yoga teachers, pilates instructors or gyro tonic teachers – who want to implement Structural Fascial Bodywork in their practice
- People who want to delve into bodywork for their own benefit, for example, if you're a singer, dancer or actor
- Career changers – if you're coming from a different line of work, this is a great pathway towards a career in bodywork

This is not an entry-level course. You'll need to complete all 9 Workshops of the Myofascial Foundation (Level 1).





## Summary

This classroom-based course lets you develop and deepen your Rolwing® Structural Integration skills. Working with your own client, you'll learn step-by-step how to put your skills into practice.

Level 3 is taught over 10 to 12 months, in 7 modules of 4 to 6 days every 4 to 5 weeks. Your course instructors will discuss your development in Module 5 and address areas that you may need to improve.

Level 3 Rolwing® Structural Integration leads to a professional qualification as a Certified Rolfer® and membership of the European Rolwing® Association (ERA).

## You'll learn about

- refined manual myofascial and neurofascial intervention skills, including deep ligamentous, visceral and cranial work
- testing and treatments for common structural pathologies
- the logic behind the Rolwing® 'Ten Series' based on its biomechanical and functional objectives
- how to recognize movement habits that can lead to structural lesions
- how to use active movement (Rolf Movement™) as part of the Rolwing® process

- listening and speaking skills that help you build a supportive therapeutic relationship with your client
- using touch to improve your client's movement coordination and self-regulation
- creating a safe environment in which your client can renegotiate their experiences, and nurture helpful movement patterns and behaviors

## Who is this course for

- practitioners of related bodywork disciplines, for example, manual therapists, osteopaths, yoga teachers, pilates instructors or gyro tonic teachers – who want to work as a Certified Rolfer®
- career changers – if you're coming from a different line of work, Level 3 leads you towards a career as a Certified Rolfer®

You'll need to have completed Level 2 - Structural Fascial Bodywork or graduated as a Structural Integrator from a qualifying (IASI) school, to be admitted studying.





## **Summary**

After the basic training, Certified Rolfers® can deepen their basic knowledge by exploring more advanced topics and practical examples.

The ERA is committed to the academic growth and ongoing development of therapeutic skills in all its graduates. As a result, we maintain a rich and varied program of 2 to 6-day workshops.

All Certified Rolfers® must complete a minimum of eighteen days of approved continuing education over a period of three to seven years in preparation for their Advanced Rolting® Training.

## **You'll learn about**

Continuing Education studies can cover a broad range of relevant subjects. Certified Rolfers® may take workshops in specific manipulative techniques or may explore other related fields such as cranio sacral therapy or visceral manipulation.

In addition, as part of the Advanced Training requirements, there are also Rolf Movement™ workshops offered frequently as well.

## **Who is this course for**

Certified Rolfers® looking to refresh their knowledge and gain credits in particular fields.

Certified Rolfers® on their path to Advanced Training.





## Summary

Through Rolf Movement™ clients learn how to sense, befriend and integrate gravity in their movement. From simple breathing and walking to more complex movement coordination, clients discover alternatives that free expressiveness and promote balance. Once secure and stable in themselves, clients discover that movement can be economical, powerful and fluid.

## You'll learn about

- Deepen the understanding of the functional aspects of the 10 Rolwing® sessions. The embodied explorations will be a platform for the Rolfer® to deepen their understanding of the Rolwing® process and to be able therefore to offer more resonant movement explorations for their client's session by session.
  - Focus on learning how to strategise and build a series of 3 Rolf Movement™ Sessions, not necessarily linked to the classical Rolwing® Process; this will support Rolfers® in creating a richer tool-set for meeting the varied needs of clients.
- Using Rolf Movement™ theory, principles and embodied explorations, we will explore further how to create sequences and sustain series of movement exploration classes to be used in a group setting.

## Who is this course for

- Rolf Movement™ is a separate yet complimentary training program to the traditional Rolwing® Structural Integration. Its goal is to work with clients from a functional, movement-based, perspective which is often complementary to the manual structural work.
- The course is open to structural integrators who have graduated from an accredited (IASI) school
- Within the ERA about 25% of all Rolfers™ have received the additional Rolf Movement™ Certification. Many use it to enrich their traditional Structural Integration work, yet others also offer individual Rolf Movement™ sessions and workshops.





## Summary

The Advanced Rolwing® Training is designed to help you develop and deepen your understanding and effectiveness as a Rolfer®. It is also an opportunity to explore the latest developments in our work.

You will receive a certificate as Advanced Certified Rolfer®.

## You'll learn about

This program emphasizes how to make more precise and subtle distinctions as well as how to recognize and manipulate specific kinds of motion restrictions, including myofascial, articular, and functional. Working outside of the Ten-Series is emphasized.

Specific goals of the Advanced Training are to allow you to design your sessions for the individual and immediate needs of your client without having to resort to a recipe at any level and to allow you to be more effective with less effort. In order to accomplish these goals, the instructors will be exploring the following:

- A principle-centered decision-making process which can be used to complement and/or replace all formulistic recipes (basic and advanced).

- A systematic approach to mobilising all major joints of the body (so that correcting local dysfunctions becomes seamlessly integrated into the holistic approach of Rolwing® Structural Integration).
- An exploration of the viscera and the internal cavities of the body, their contents, pressures and pulls.
- A more comprehensive approach to evaluating the whole person based on our structural, functional and psycho-biological taxonomies.
- A way of developing a more gentle and precise sense of touch that integrates direct/indirect techniques.
- The therapeutic environment and its importance in the context of Rolwing® Structural Integration.
- How to cultivate the delicate and yet profound state from which effective and graceful Rolwing® occurs.

## Who is this course for

Members of the European Rolwing® Association are required to take the Advanced Training after three to seven years of full-time equivalent practice. If a Rolfer elects to complete their Rolf Movement™ Certification, then the time is extended to nine years.

## European Rolfing® Association

- The European Rolfing® Association (ERA) is a non-profit association for administration and support of the Rolfers®, as well as for the protection of the service mark and logo
- Rolfing® and Rolfer® are protected terms based on the Rolfing® training.
- Upon certification as a Rolfer® one is a member of ERA and can use the Service Mark Rolfing® and the "Little Boy Logo". Membership gives access to marketing materials, the Structure, Function, Integration Journal, flyers, and being listed as a Rolfer® on the website under 'Find a Rolfer' etc.
- Membership fee: 120 € for 1st + 2nd year, 495 € from the 3rd year onwards.
- Every two years ERA organizes a Biennial Meeting - membership meeting with educational courses, lectures and community exchange.
- Automatic listing and membership at the Dr. Ida Rolf Institute® in Boulder / USA



## Regional Associations in Europe

Once the training is completed, as Certified Rolfer® you will become part of an international community with national presences in most European countries.

