

RELATING ACROSS THE DIFFERENCES

Dates: May 5 & 6, 2010

Location: Hyatt Regency Tech Center, Denver, CO

Instructor: Monica Caspari

Fees: \$300.00

Registration: mcaspari@uol.com.br

Credits: This course is approved for 14 Type I IASI Credits

Course Description:

The myriad of different life forms and the multitude of people who share our planet are an expression of Nature's drive for diversity and creativity. The same happens with humans: we come in many colors, shapes and sizes, and with different personalities and patterns of movement.

Yet, all of us still have the same basic needs and feelings, and what is good for me is not necessarily good or desired by the others.

How to know then which movement patterns should change because it would be good for the client? And which one should not be changed because it is so central to the person's sense of "I"? What does that specific movement pattern mean to the person? How to know that she is ready to transform a habitual pattern into a new possibility? How do the differences in the other feel in my body?

What is my habitual pattern of relating across differences? Is it possible for me to develop a new pattern of relating across differences? How can I develop it?

Is building limits the only way of keeping safe, professional distance from the other? If not, is it the best one?

Considering that each individual is like a "one person people", this two-day workshop will be an expansion of Monica's lecture at the IASI Symposium on Sunday, May 9, 2010. It will give you tools to evoke in yourself sensorial integration, fluid breathing, structural support and core stabilization. Embodying this will help you see and respect the differences in the other and enjoy the beauty of diversity through new possibilities of relating to the others. And knowing this in yourself will allow you to teach it to your clients.

Instructor Biography:

"As Rolfers we are after grace, pleasure, aliveness and coherence of the body in motion. Deliciousness, joy and happiness are more important than perfection"

Monica became a Rolfer® in 1989, joined the Faculty in 1994 and has been studying with Hubert Godard since 1999. Monica has taught in Brazil, United States, Australia, Germany and Japan. Her special curiosity is the interface between structure and function – especially how to elicit a new expressivity from the client.