

## MOVEMENT: THE OTHER SIDE OF STRUCTURE

**Dates:** May 20-24 & 27-31st, 2010

**Location:** Laguna Beach, California

**Instructors:** Monica Caspari

**Fees:** \$1785.00

**Registration:** [www.newschoolsi.com](http://www.newschoolsi.com); [contact@newschoolsi.com](mailto:contact@newschoolsi.com) or call 949-981-8005

**Credits:** This course is approved for 80 Type II IASI CE Credits

**Course Description:** Life is about movement, and all of us develop patterns of movement. But what builds the movement patterns? How do I differentiate a fixation in the movement from a fixation in the structure? How do I recognize a movement pattern? What happens if I don't treat it? What would an "ideal" movement pattern look like? When should I try to change a movement pattern? How do I teach movement? How do the movement patterns relate to the expressivity of the person? These and other related questions will be explored and answered in this intense, but fun, 10-day workshop. Bring your notebook or plenty of paper and maybe a journal to register your own transformational journey.

**Instructors Bio:** Monica Caspari "As Rolfers we are after grace, pleasure, aliveness and coherence of the body in motion. Deliciousness, joy and happiness are more important than perfection" is one of her favorite sayings. She became a Rolfer™ in 1989, joined the Rolf Institute® faculty in 1994 and has taught in Brazil, United States, Australia, Germany and Japan. Monica studies with Hubert Godard since 1999 and inspired by him, she has been exploring the interface between structure and function, and how to evoke a new expressivity from the client. Other influences have been Hatha Yoga (of which she was an instructor), Emily Conrad's Continuum, Stanley Keleman's Formative Process, Peter Levine's Somatic Experiencing, Kum Nye (Tibetan Buddhism bodywork) and intense life experiences working 19 years as a Doula and trekking in the Himalayas, Andes and High Peruvian Amazonian jungle. Monica's articles have been published in the journals of the Rolf Institute, the Brazilian Rolfer's Association and in the IASI Yearbook. She independently published Mindful Movement, a book on Rolf Movement® techniques, edited by students under the guidance of Robert Schleip. She believes that the Rolfing® instructor should be clear, simple, consistent, and able to awaken the curiosity and questioning that promote the development of Rolfing while cultivating the humanity of the work. Monica lives and works in Sao Paulo, Brazil.