

Breathing and Walking

Movement Education to Support the SI Series

Dates: November 10-12, 2008

Location: Bellingham, WA

Instructor: Mary Bond

Fee: \$450 before Oct. 10, 2008; \$475 after. A deposit of \$125 holds a place, refundable if registration is cancelled before Oct. 10.

Registration and Housing: Brad Jones, 360-255-1557, Brad@rolfingbellingham.

Credits: Approved for 21 IASI Type I CE credits.

Description:

This workshop focuses on the educational aspect of our interactions with clients--ways to engage clients in helping themselves sustain the benefits of their structural changes. The workshop is designed for practitioners looking for practical movement interventions to compliment structural work, improved skill in assessing functional restrictions, and help with evocative languaging. We will explore the fundamentals of a sensory approach to movement education with respect to the basic human activities of breathing and walking. The workshop will include theoretical presentation, experiential group work, body reading and brief practitioner exchanges.

Instructor Bio: Mary studied with Ida Rolf from 1969 to 1972. On the Movement Faculty of the Rolf institute, she has been involved in the development of movement education for SI from the early days with Judith Aston to the current evolution through the work of Hubert Godard. She is the author of *Balancing Your Body* and *The New Rules of Posture: How to Sit, Stand and Move in the Modern World*. It is her joy to share her perspective of the functional aspect of our work.