

## **Rolfing Movement® Meets Continuum**

**Dates:** November 5-7, 2010

**Location:** Sheville School of Massage, Asheville, N.C.

**Instructor:** Gael Ohlgren

**Fees:** \$350.00 by Oct. 7th/ \$400 after

**Registration:** Ellen Presnell, 38 Dorchester Ave., Asheville, N.C. 28806 (828)258-2833

**Credits:** This course is approved for 21 Category II IASI Credits

**Course Description:** Rolfing Movement® Meets Continuum: the interplay between everyday efficiency and the creative unknown. This class is a blend of Rolfing Movement awareness and Continuum. Both modalities speak of the immense ramifications of a flexible breath, a fluid cranial sacral system, and a resilient nervous system. Dr. Rolf's vision for the body included an unimpeded spinal complex, a breath freed of emotional patterning, and a body that feels equally grounded and lifted. The ramifications are immense. A responsive, rather than fixed breath is also an emotional system with more options. A fluid cranial sacral system is able to harmonize with planetary rhythms. And a resilient nervous system is better able to resolve trauma and come into the present moment. Like Rolfing®, Continuum is grounded in the physical anatomy of connective tissue, diaphragms, bones, and the cranial/ sacral system. Continuum uses sound, breath, and movement to create more permeability of tissue and to free adhesions where fingers can't reach. Poor health and disease always correlate with altered motion somewhere in the body", according to Bonnie Gintis D.O. This can occur anywhere; in muscles, bones, joints, and in blood flow, lymph, etc. If the body is free to move the way it was designed to, it will self-correct, self-organize, and adapt more easily. Rolfing's original vision sought to treat symptoms by joining with the organism's inherent health and wholeness and letting gravity be the therapist. Continuum explores the world of movement possibilities that exist beyond everyday patterned function. To the degree that we are alive to the sensations of our internal world, we can become more resonant with the outside world. When we integrate this with efficient ease in everyday tasks, we can feel ourselves to be more supported, spacious, comfortable, and alive on many levels. This workshop will pose experimental, somatic questions: How do we access kinesthetic intelligence? How can we change the context of interaction with self and environment in a way that excites, refreshes, and renews? How do we create space for ourselves and spaciousness in our perspectives? Developing new kinesthetic edges creates more permeability to our embodied meanings and to resonance with others. These personal explorations can easily be shared with clients in many therapeutic modalities.

**Instructor Biography:** Gael Ohlgren was trained by Ida Rolf in 1968 and '69. She also trained with Judith Aston in Rolf Movement and later helped to create the Rolf Movement training for the Institute. From 1984 to 1997 Gael was on The Rolf Institute® faculty teaching both Rolf trainings and R.M. I. trainings. Since retiring from teaching she has been emeritus faculty teaching continuing ed. classes and co-teaching advanced trainings. Gael has studied with Emilie Conrad, founder of Continuum, since 1979. She has been a Continuum teacher for 10 years, teaching locally and internationally.