

The Workshops

(Choose 1 from each session)

Session 1

Saturday, 10:45am – 12:00pm

“Myofascial Length Testing: Customizing your series for heightened effectiveness treating pathologies”

Donna Bajelis, *founder and primary faculty at the Institute of Structural Medicine.*

Working with case studies and Myofascial Release, we will explore the Arm Lines and provide the practitioner with new tools that incorporate easily into sessions.

“Unstructured Movement Transforms Structure”

Anita Boser, *Certified Hellerworker®, author and Yoga Instructor*

Demonstration on how the use of undulation for assessment and table/bench work unlocks deep spinal patterns. Learn intuitive “techniques” that create a balanced client/practitioner dynamic.

An Approach to “Ouchless” SI

Siana Goodwin, *Advanced Rolfer®, RSI pioneer & CE instructor*

Demonstration of specific contact that reduces &/or eliminates pain. A case study of conscious tracking of an individual's development in the art of SI and the elements used to refine your own approach to this art.

“Embryology, Fascial Layers and the 7th Hour”

Kevin McCoy, PT, *Advanced Certified Rolfer® and Rolf Institute® Faculty member.*

We will explore the Embryological origins and fascial relationships of the 7th hour with specific attention to the neurocranium and the viscerocranium.

“SourcePoint”

Bob Schrei, *Certified Advanced Rolfer®, and co-originator of SourcePoint Therapy*

Ray McCall, *Certified Advanced Rolfer®, Faculty of the Rolf Institute*

SourcePoint is an Energetic foundation for Structural Integration. This workshop will give you an overview of the Energetic aspects of our work historically and new developments along with the implications it has in providing a more holistic approach and facilitating a higher level of order in the body.

Session 2

Saturday, 3:15pm – 4:30pm

“Muscle Repositioning (MR): Myofascial release technique based on tonic reflexes”

Luiz Fernando Bertolucci, MD, *Rolf Institute® faculty and Founder of MR*

MR combines manual force techniques that systematically produce neural reactions. Discussion and demonstration introduces the theory and practice of this technique.

“Business Ownership & Development: how to create staying power in a slow economy”

Molly Brackett, *Rolf Method SI Practitioner*. She holds her degree in advertising and marketing from Drake University.

During this current market and economy, business owners need to be creative to reach past & future clientele while retaining current business and creating brand loyalty. Think of yourself as a small business owner as well as a practitioner. This session will focus on how to target specific audiences, in addition to reaching them through various marketing vehicles.

“Scar Tissue Workshop”

Sharon Hancoff, *Advanced Rolfer® & Rolf Movement Practitioner*

Demonstration of techniques for different types of scar tissue. These are quick, efficient, light pressure techniques that produce results in a few minutes, transforming scarring to healthy tissue & resolving tissue trauma.

“The Neurology of Posture”

Don Hazen, *Certified Rolfer®, Chiropractor, Photographer and artist*.

Participants will get a sense of what nerves feel like in their native habitat. Examine some of the underlying concepts that make the function of nerves central to the understanding of posture and of pain.

“The Healing Power of Mindfulness”

Dr. Herbert Grassmann, *Co-founder of SKT® & TraumaSomatics®*

New explorations into creating mindfulness during the SI process; developing & deepening the internal observer, activating memory systems, and supporting self-organization & regulation.

Session 3

Sunday, 10:45am – 12:00pm

“Arm Session: The Touching Limb”

Karen L. Bolesky, MA, *Director of Soma Institute of Neuromuscular Integration® and author*.

Strategies and practical suggestions for session development. Demonstration and discussion of arm session taught since 2003.

“The Deepest Spinal Membranes and Ligaments”

Jeffrey Burch, MA, *Certified Rolfer®, Trained as a Barral Visceral Manipulation Instructor*.

Lecture & demo exploring the importance of spinal membranes & ligaments in Structural Integration and methods for assessment and treatment.

“The role of fascia in new scientific findings”

Thomas Findley, MD, PhD, *Advanced Rolfer® and first Executive Director of the 2007 Fascia Research Congress*.

Summaries of research from both the 2007 and 2009 Fascia Research Congress including new information about mechanotransduction, contractile cells, biomechanical properties, fascial innervation, signaling, and measuring motion in fascias.

“Seriously: Surfing the superficial fascia”

Liz Stewart, *The Guild for Structural Integration faculty*

Superficial fascia teaches us to wait, watch & listen. Learn to touch with a pace and depth that invites flow & fluidity.

Felden-what? Concepts from the Feldenkrais Method® useful in Structural Integration

Mike Waefler, *Rolfer®, Rolf Movement Practitioner and Feldenkrais® teacher.*

Few SI practitioners know anything of Moshe Feldenkrais' work; few Feldenkrais' teachers know anything about SI. Both emphasize the relationship of the body to the field of gravity; This largely experiential breakout session will examine these and other connections, presenting ideas from the Feldenkrais Method which can expand your way of thinking and working in SI.