

Dear Colleagues

I completed my basic Rolfing training in 1991.

Back then, as a beginner in the field, my development and growth as a practitioner was profoundly supported and shaped by a “study-group” taught by Dr. Peter Schwind.

This group of colleagues (meeting approximately every 10 weeks) committed to explore and study together was one of my primary inspirations and resources on the path of becoming a more and more professional Rolfer.

Now, after more than 25 years of practical experience and with many years of teaching background, I want to offer the format of a “study-group” to you as a ‘beginning’ colleague. A study-group goes beyond the idea of an educational workshop but holds the potential to explore our field of Rolfing Structural Integration in a much more congruent and layered way. A study-group format also holds the option to prepare for the Advanced Training in a comprehensive way.

This invitation is specifically and exclusively sent to Rolfing practitioners that completed their Basic Training in the last 5 or 6 years.

If you are interested in participating and contributing to such a learning environment you are very welcome. All needed is a profound interest in exploring, sharing and learning and the willingness to commit for participating in a group for a defined period of time.

What can you expect?

A four times per year study-group-weekend;

A small group setting with maximum 12 participants;

Location is in Munich / Sollnerstrasse 43.

Timing - Friday 11am – 6pm / Saturday 10am – 5pm / Sunday 9am – 2pm;

Fee per weekend is € 390.-

All meetings will be structured in a similar way;

Every meeting will concentrate on one specific aspect of the work;

Students commit to summarize one provided (scientific) article as part of the preparation for the upcoming meeting;

All visual and written class material will be available in a specific, class related drop-box folder;

Participants are welcome to suggest topics for future meetings;

The student group proposes the theme of the next meeting;

The weekend-topic will be addressed from different angles, like:

- 1) Touch / Relationship
- 2) Embodiment / Movement
- 3) Body-reading / Pattern recognition
- 4) Anatomy / Embryology / Physiology
- 5) Discussion of a scientific article
- 6) Concepts / Models / Theory
- 7) Hands on techniques / Practicum
- 8) Exchange of practical work / Session