

Dimensions of Integration: A 5 Day Movement Inquiry Retreat

July 28 (evening)-August 2, 2017** Vashon Island, WA

Kevin Frank, Gael Rosewood, and Caryn McHose

5 Days Rolf Movement® Certification Credit/5 Days Rolf Movement® CE Credit

Habits, even good ones, can be stultifying over time. Research confirms that the intelligence, strength, and resilience of our fascial and neural networks thrive when refreshed and challenged in new ways.

What allows each of us to innovate and meaningfully integrate body/mind learning?

This Rolf Movement® retreat, held on Vashon Island off the coast of Seattle, is a time for renewal on many levels: resting on the earth--not the floor--space beyond four walls--alive air on the skin. It's an opportunity to renew one's relationship with Earth, and Sky, with processes that mirror what's inside each of our bodies.

Our body is our container. The numb places are the dumb places, unable to adapt, respond, differentiate, or feel support and intelligence. As more of our being comes into presence we find new capacities to allow life to flow through--on all the channels from intellect, to emotion to functional fitness.

This five-day retreat is an inquiry that asks an open question: What process enables experiences of fluidity, lengthening, and sensory differentiation to land? What's vital for new experience to translate into new resources for you?

Topics for exploration: Gravity orientation allows our plasticity to unlock—plasticity of body shape and coordinative response

Imagination is inherent to mind—one's imagined world shapes one's body and behavior.

Self regulation-- As we listen to the body's impulses, we hear, through sensation, the wisdom of body intelligence and feel restoration.

Honing somatic awareness - deep kindness unfolds as we build resonance by listening with attunement and empathy to ourselves and others.

Breath and sound support resonance.

Witnessed movement (such as Authentic Movement) fosters whole being integration.

Exchanges born from group collaboration assist our individual creativity to emerge in service to personal healing. These are the skills that enable us to work effectively with clients and students.

Vachon Island Retreat Facility: to view the remarkable venue for this workshop visit http://www.continuumwellsprings.com/island_sanctuary.html

Lodging on Vashon Island: The retreat center offers lodging, camping, as well as nearby bed and breakfast accommodations for a residential experience. Workshop Fee: \$775

Housing and Lodging: Private room in house (2 room available) \$100/pn; dorm style \$50/pn; tenting \$35/pn. Nearby B &B's and AirBnB's \$40-\$100. Catered food plan \$50 per day. Contact Gael at: **206 567 0018 or 303 585 0183** or e-mail to: gaelrosewood@gmail.com

NOTE: Onsite housing is limited and available on "first come, first served" basis. (For on island B and B information contact Gael.)

Gael Rosewood trained with Ida Rolf in 1969. She also studied with Judith Aston through the 70's. She began teaching Rolf Movement for the Rolf Institute in 1978 and helped to develop the first Rolf Movement Integration trainings. In 1989 she became a Rolfer Instructor and continued to teach both modalities until she stepped down in 1998. Her work has been deeply influence by her 38 years of study and training with Emilie Conrad, founder of Continuummovement.



Kevin Frank is a Certified Advanced Rolfer™ and Rolf Movement® Instructor, in practice since 1987. His work is sourced in study with Hubert Godard, and perceptual and embodiment practices with Susan Harper, Emilie Conrad, and Caryn McHose. Previous to becoming a Rolfer, Kevin helped found and build the Springwater Center for Meditative Inquiry and Retreats in Springwater, NY.



Caryn McHose has taught perception-based movement for over 45 years. She is a Certified Rolfer, Rolf Movement Practitioner, Biodynamic Cranial Practitioner, and Somatic Experiencing Practitioner. Caryn created the experiential anatomy curriculum at Middlebury College in the 1970s and her evolutionary movement curriculum in the 1990s. She teaches her Body of Inquiry and Somatic Imagination courses internationally.



Caryn and Kevin are co-authors of How Life Moves, Explorations in Meaning and Body Awareness, and the author of articles on perceptive and coordinative dimensions of structural integration which can be found at www.resourcesinmovement.com under Article Archive.

To register: contact Kevin Frank at sparfilblock@gmail.com or call 603-968 9585.

To make enrollment payment go to the Rolf Institute Register for Classes page (<https://cavascatalog.rolf.org/>) and find the course description, and make payment.

*** Workshop begins July 28th at 6 pm with dinner. Daily schedule July 29-August 1 will be 10-6:30. Last day class is 10-1. Workshop ends with lunch on Aug 2.*