

Coordination--Indicator of Integration:

Movements that Support and Confirm Ida Rolf's Ten Series

A Six Day Course in Rolf Movement® Integration

Portland, Oregon: August 10-16 (August 13 is day off)

Instructors: Kevin Frank, with Caryn McHose

Offered as Rolf Movement® CE and as Part of the Rolf Movement® Certification Series

(This course is open to structural integrators, and also somatic professionals with background in movement and anatomy. Contact instructor for further information.)

What is integration through the lens of movement?

Integration can be observed as changes in coordination. We can notice before and after difference in motor patterns for each session. This helps clients know, visually, conceptually and tangibly, what the point of each session is. Learning to see coordination grounds the idea of what it means to “see” as a somatic skill.

Coordination isn't something one can pretend to do. When we see, or feel through touch, the way a person pushes or reaches, we sense immediately if the intervention has integrated or not--if the spine and extremities speak to each other in nuanced harmony, or if the girdles dominate the movement. Each session has hallmarks of coordinative success and each one builds the basis for a successful series.

Tonic Function is a holistic model for structural integration. Tonic function grounds Ida Rolf's statement that gravity is the therapist. Our bodies are built around a system that responds to gravity, and gravity orientation is the basis for how the body establishes stability and security. This workshop takes a Tonic Function view of the structural integration ten series--therefore part of evocation of change is the way we consciously notice the activity of gravity orientation—how, for example relationship to weight and space underlies plasticity in coordination. Orientation is linked, in turn, to shifts in “pre-movement--” the crucial preparatory moments before the movement itself. Pre-movement determine the body's strategy for what it wants to do. Changes in pre-movement are that gate through which we experience a change in motor pattern--a change in coordination.

Structural integration, through the lens of coordination, offers clients a path to become familiar with ingredients for integrative self-care exercises. Elements introduced throughout any particular session—from introduction and assessment, through exploration at the table, and when seated, standing, walking and finally revisiting the central coordinative idea for the session—build capacity for putting the day’s idea into self-care, and for relationship to typical movements of daily life.

Course time is a combination of group movement, theory and review, demonstration, and partnered explorations.

For information on housing in Portland Contact Juan David Velez, local coordinator: jdvelez@mac.com

Cost: \$900.00

Location: Portland, Oregon

Registration: Enroll online using the Rolf Institute’s canvas catalog enrollment feature: <https://canvascatalog.rolf.org>

Instructor Contact: Kevin Frank: 603 968 9585 and other information at sparfilblock@gmail.com
www.resourcesinmovement.com



Kevin Frank (Instructor) is a Certified Advanced Rolfer™, Rolf Movement® Practitioner and Rolf Movement® Instructor at RISI. He has worked with the Godard-derived Tonic Function Model since 1991 and has written on this topic from 1995 to the present. Kevin advocates for an “information system” view of structural integration to help bring this field of SI into congruence with modern understanding of motor control and perceptive/coordinative processes.



Caryn McHose (Assistant) is a Certified Rolfer™ and Rolf Movement® Practitioner, as well as a Somatic Experiencing® Practitioner and Certified Biodynamic Cranial Practitioner. She is the collaborator for *Bodystories, A Guide to Experiential Anatomy* and *The Place of Dance*, by Andrea Olsen and is the co-author (with Kevin Frank) of *How Life Moves, Explorations in Meaning and Body Awareness*.