

# **Normal Stability: Evoking Inherent Adaptability to Meet Demand**

**A Six Day Course in Rolf Movement® Integration**

**Holderness, NH**

**June 21-27, 2019 (June 24 day off)**

**Instructor: Kevin Frank**

**with Caryn McHose**

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

This course offers one of the missing pieces in Rolf's recipe: explicit consideration of how the goals and steps in doing structural integration translate into improved body stability and capacity for self-care.

This course addresses stability from Rolf's view that there is such a thing as *normal body behavior*; human bodies have inherent capacity to respond efficiently and effectively to physical and psychological challenge. We can find stability and express lengthening at the same time.

## **Topics include:**

What does normal stability look and feel like?

How do anatomical structures contribute to stabilization?

Where does stabilization fit into an SI series?

How does self-care embed into each session of a series?

How does one clarify and deepen the pre-movement moment in changing coordination?

How do clients learn to discern and value non-efforted stability?

Each day is a combination of theory, demonstration, partnered exploration: and also integrative movement to allow what one learns to anchor and integrate more fully.

The work is founded on the Tonic Function model which posits that structural integration is based on five *types* of structure: physical structure, coordinative structure, perceptive structure, meaning structure, and expressive structure. We learn to see how each type of structure may, at any given moment, be a "pin" that fixates capacity and limits adaptability.

Tonic function differentiates stability approaches based on effort and unhelpful use of phasic motor units from stability based on a nuanced and natural

response of our tonic system. Normal responses to life's challenges are the birthright of this tonic system. Tonic system response innovates in response to change in pre-movement and with attention to gravity orientation—skills vital to the art of structural integration.

**Cost:** \$900.00

**Location:** Resources in Movement, Holderness, NH This course takes place by the shore of a quiet lake in central New Hampshire, approximately two hours north of Boston, MA. Residential housing is available in Cloverly Cottage for \$50 pp/pn or \$30 pp/pn for camping. Off-site housing available nearby as well.

**Registration:** Please first inform the instructor of your intention. Then enroll online using the Rolf Institute's canvas catalog enrollment feature at [rolf.org](http://rolf.org) <https://cansascatalog.rolf.org/browse/rmw/courses/rmw3-19>

**Instructor Contact:** Kevin Frank: 603 968 9585 [kkfrank@earthlink.net](mailto:kkfrank@earthlink.net) [www.resourcesinmovement.com](http://www.resourcesinmovement.com) has info on venue, directions, housing, and articles about the work.



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 Advanced 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*. Caryn has taught perceptual approaches to movement education for over 45 years.