

The Ten Series as Skills of Perception and Coordination

***Rolf Movement Integration Intensive
July 12 – 23, 2021, Boulder CO
Rebecca Carli-Mills & Caryn McHose***

Each session in Rolf's Ten Series recipe implies perceptive and coordinative skills and goals. We wish to embody these skills so we can accurately assess and evoke them in our clients. As practitioners, we embody these skills, so our demonstrations show clients (students) a clear contrast between structurally integrated movement and movement which expresses conflicted motor control and strain. When we demonstrate this contrast, we offer clients and students a chance to grasp the idea that basic coordination can shift, and these shifts are the purpose of the work. What we call posture is an example of coordination; it's a coordinative structure.

Through experientials, exchanging sessions, group movement and discussions you will:

- Learn to read the perceptual field of the client which is fundamental to assist people in shifting patterns of perception so they can shift their coordination.
- Gain a vocabulary of touch skills for Rolf Movement.
- Learn to evoke perceptive change so preparation to move shifts from effort to body movement intelligence.
- Learn the implied coordinative outcomes of the ten series. You will learn to embody and demonstrate these outcomes, helping your client understand the purpose of each intervention.
- Experience how physical stability relates to psychological stability.
- Learn how somatic movement education includes to skills helpful to autonomic regulation.
- Refine your capacity for presence and rapport--essential ingredients for holistic change.
- Learn how to translate the Tonic Function Model into common sense language to explain how and why Rolf Movement fosters lasting change.
- Learn how to use Rolf Movement to support people's professional and personal lifestyles.
- Practice language skills for cueing and tracking the client's sensory experience.
- Experience self-care and playful exploration to cultivate enjoyment and renewal.

This module offers 10 days Rolf Movement credit towards the 30-day Rolf Movement Certification. Individual Intensive Modules do not have to be taken in any order and can be taken alone. Each module can be combined with other Intensive Modules or with Workshop Format Courses to apply towards Certification.

Dates: July 12, 2021 – July 23, 2021
Course #: RMI2.21
Instructors: Rebecca Carli-Mills & Caryn McHose
Cost: 2,218 + \$50. administrative fee **Save 20% (443.60)**

Register by 06/12/2021

CE Credits: 10 Rolf Movement Credits
75 NCBTMB Continuing Education Hours

Housing Info: Contact Mary Contreras (303)449-5903 mcontreras@rolf.org

Location: Dr. Ida Rolf Institute
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Rebecca Carli-Mills MFA is a Certified Advanced Rolfer™, Rolf Movement® Practitioner, and has served on the RISI Rolf Movement Faculty since 1994. She is a past Chairperson of the Rolf Movement faculty and ISMETA board member. Rebecca's understanding of gravity and human movement potential is enriched by her long-time studies with Hubert Godard. Godard's work provides the theoretical foundation that inspires her teaching. Rebecca holds B.A. and M.F.A. degrees in Dance Performance & Choreography and a Certificate from the Pennsylvania Gestalt Center for Psychotherapy & Training.



Photo: Nic Daughtry

Caryn McHose 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 50 years.

