

# The Ten Series as Skills of Perception and Coordination

***Rolf Movement Integration Intensive  
April 29 to May 11, 2023, Boulder CO  
Kevin Frank & 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 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:** April 29 – May 11, 2023

**Course #:** RMI2.23

**Instructors:** Kevin Frank & Caryn McHose

**Cost:** \$2,218 + \$75 administrative fee  
**Save 20% (\$443.60) when you register by 3/30/2023**

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

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

**Location:** Dr. Ida Rolf Institute  
5055 Chaparral Court, Suite 103  
Boulder CO 80301

**Link to Rolf Institute:** <http://mms.rolf.org/Calendar/moreinfo.php?eventid=38586>

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 50 years.

