



# **Rolf Movement®**

## **Residential Workshop**



*Kevin Frank & Caryn McHose*

**April 15-19, 2025**

**Unterdietfurt, Germany**

### *The Ten Series as Skills of Perception and Coordination*

Each session in Rolf's Ten Series recipe implies perceptive and coordinative skills. We wish to embody these skills so we may 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 heart 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 better 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 explorations to cultivate enjoyment and renewal.



**Kevin Frank** 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** is a Certified Advanced Rolfer™ as well as a Rolf Movement®, a Somatic Experiencing® and 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.

### ***This is a residential Training***

*Part 01: April 15<sup>th</sup> to 19<sup>th</sup> 2025*  
*Part 02: 2026 – TBA*

*At Handloh 1, 84339*  
*Unterdietfurt / Germany*

*From April 15<sup>th</sup> at 9:30am*  
*to April 19<sup>th</sup> at 5:30pm*

*Offers 5 Movement Credits*

*Workshop Fee:*  
**€975,- (until Januray 10th 2025)**  
**Early bird:**

**€925,- (untill Oct. 31<sup>st</sup> 2024)**  
*Accomodation and Food*  
*directly with Handloh*

**More info at:**  
**[rolfing@konradobermeier.com](mailto:rolfing@konradobermeier.com)**