

The Evolution of Ida Rolf's Vision – Continuing the Exploration



With Gael Ohlgren & Robert Litman
August 4-7, 2008, Boulder, CO



To the degree that we are alive to the sensations of our internal world, we can become more resonant with the outside world.

This workshop will pose experimental, somatic questions: How do we access kinesthetic intelligence? How can we change the context of interaction with self and environment in a way that excites, refreshes, and renews? How do we create space for ourselves and spaciousness in our perspectives? How does our breath reflect our beliefs, perceptions and personality? Developing new kinesthetic edges creates more permeability to our embodied meanings and to resonance with others.

R. Kerrick Murray, ACR had this to say about this workshop: "This workshop explores new ways to blend our clinical SI practices with the insights and techniques of state-of-the-art Continuum. The bold title of this workshop is accurate. As a result of the class I've been successful in eliminating a long-standing sleep apnea problem. I've learned to work with clients in new ways that facilitate quicker releases and integration. If you believe that we do indeed 'rolf' from our embodiments and you're curious as to where our work might be heading, sign up for this class. I highly recommend it."

Robert Litman is a Continuum teacher, anatomist, and a practitioner of The Duggan/French Approach as well as the Buteyko Institute Method of Breathing Retraining.

Gael Ohlgren is a Continuum teacher and a continuing ed. faculty member of the Rolf Inst. She trained with Ida Rolf in 1968 and '69

Our time together will include:

The anatomy, physiology and movement of breath as a portal to our inner landscape

- Playing in different vectors with the polarity of forces that is gravity (the pull to the center of the earth and the lift to the sky) bringing us to new movement potentials for a stronger, more fluid structure.
- Combining breath, sound, and slow-spiraled movements as a self-education process in the power of propulsion available within the coiling/uncoiling of our connective tissue.
- Revitalizing bones, joints, nervous system and health at all levels
- Integration of the above with the intelligence of touch

Cost: \$425

Hours: Monday 1–6pm, Tuesday, Wednesday, 10–5:30, Thursday, 10–4

Location: Shepherd of the Hills Lutheran church, (near the Rolf Inst.)
Gunbarrel on Lookout Dr. between Idyllwild and 71st. St.

Lodging: (suggested) Lookout Inn ph: 800.530.1513 www.bouldervacation.com

Register: Jim Jones, director of Ed., Rolf Inst. ph:800 530-8875 ext. 105, jjones@rolf.org
CEU's: 23 hours