

Inherent Motion - Using the body's own subtle motion to enhance the goals of Structural integration

Dates: Oct. 15-17, 2010

Location: Bellingham, WA

Instructor: Thomas Walker

Fees: \$450

Registration: www.rolfingcenter.com/students/continuingeducation

Credits: 24 IASI Category I CE Credits, and fulfils 3 credits for Cranial requirement for the Rolf® Institute's Advanced Training.

Course Description: The purpose of this 3-day workshop is: 1) to develop the listening and contact skills needed to perceive the various rhythms of inherent motion. 2) to apply this perception to a broad range of techniques commonly used in Structural Integration practice. 3) with these techniques you can: - Palpate inherent motion as force of self-organization and wholeness. - enhance integration - work more efficiently and effectively with less effort - resolve layers of dysfunction and disorganization within bones and in the ligamentous bed -learn to bring the body's resources to injured tissue allowing fascial interventions to be easier and longer lasting.

Instructor Biography: Thomas has been a Certified Rolfer™ for 23 years and is a member of the Rolf Institute® faculty. He has used Craniosacral therapy in his Rolfing® practice since 1993 and has more that 800 hours of training in Biodynamic craniosacral therapy. Because Structural Integration usually works with segments first to then integrate the whole, Thomas initially found it difficult to integrate the wholeness first perspective of craniosacral training into the Rolfing paradigm. Discovering biodynamics taught him that wholeness is expressed in the body through inherent motion. By orienting toward wholeness the body's segments become able to integrate in an easier, less forceful way. He now weaves craniosacral perspectives into all of his Rolfing teaching. One of his clients, an osteopath who was initially a Rolfer™, has stated that, "If I had learned how to Rolf like this, I never would have become an osteopath."