

Forward to the roots – Post-ten 3 Series With Liz Stewart

CONTENT: What do we do when our Structural Integration clients come back for more work following their 10 series? How do we make a post-ten series unique for each client? While there is a basic framework for these 'tune-up' sessions, it can be an opportunity for creativity and exploration. Please join us for a workshop devoted to a post-ten 3-series, with an emphasis on tracking, movement, "seeing," making contact, and investigating layers. Liz Stewart will demonstrate with an outside model, after which class participants will exchange work with one another.

We will have ample time for processing, discussion, experimentation and integration.

The workshop is open for all Practitioners of Structural Integration at different skills and levels.

Liz Stewart is an Advanced Practitioner of Structural Integration and Movement Awareness. Liz structures her class for optimal learning: safety and comfort, intense work and reward. As a teacher, she meets you where you're and challenges you, always in an inviting way, to reach a higher level of understanding and skill. With kindness and good humor, Liz brings 20 years of open-eyed experience as an SI practitioner to bear on the material she teaches. Liz embodies the wisdom of her mentors, including Peter Melchior and a variety of other influences, in a most accessible, human and articulate way. As "a perpetual student of the work," she has developed her own style, her own language, her own message.



LOCATION: Juifenalm at 2022 m, Lüsens valley, 40 minutes from Innsbruck / Tyrol
<http://www.urlauburlaub.at/heuriger-buschenschank/99693/juifenalm/gries-im-sellrain/>

This workshop will take place at a chalet in the Alps. You will have the rare opportunity to be embraced by the strength of the mountains, the calm of creeks, and the powerful silence of the Alpine world.

The chalet has 3 bedrooms each with several mattresses, 2 showers, 4 toilets, a classroom, a kitchen and a spacious living room. A cook will prepare the meals during the working days.

Other tasks for a sense of well-being will be shared and distributed between the course participants.

Arrival is possible via train, plane or car. There is an airport at Innsbruck. From Munich and Zurich there is an airport shuttle, approximately 75 Euro, about 2 hours travel time: <http://www.tirol-taxi.at/airporttransfer>

If you are driving, you will park your car at the Base Station. Your baggage will be transported to the Chalet by one of the organizers in a car. Then to arrive at the Chalet, the choices are to hike or be driven up by car. It is a wonderful hike to the Chalet about 1,5 hours, about 600 meters up.

If needed we will offer a Shuttle from Innsbruck to Juifenalm.

TIME: April 30 – May 8, 2011

Arrival: Saturday, April 30, start with dinner at 18:30

Daily class: Sunday, May 1 – May 7, always 8 hours

Day off: Wed., May 4, with options: hiking, visiting city, having restful integration time

Departure: Sunday, May 8, after breakfast

COSTS

Early Registration: Euro 900

this for completing the application and full payment by Dec 31,2010

After Jan 1: Euro 1.035

application and full payment by Feb. 28, 2011

The fee includes the workshop, the chalet and the meals

Number of participants: Minimum 8, maximum 12

Credits: This Workshop is listed as an associated Workshop according to ERA guidelines. Rolfers receive after submission and payment of Euro 75, six elective credits from the ERA. IASI members will receive up to 8 credits per day.

Translation: Language of instruction is English, translation if required is available (not 1:1)

Information: heidi.baur@student.uibk.ac.at, 0043-0699 19069311
ruth.froempler@aon.at, 0043-0664 5764848

Registration: Payment is required with registration. see note*

*Note: Once registration is made and payment is received, there can be no refunds. However, if after payment is made you are unable to attend, we will accept an alternate participant of your choice, with whom you will have to negotiate costs.

Please complete this part for registration and send it to the following address:

Ruth Frömpter
Roling Association Austria
Schiessstandgasse 6a
A – 6020 Innsbruck

Account: Roling Verein Österreich, Immo Bank AG Wien, KNR 30753550100, BLZ 47050, International: IBAN: AT53 4705030753550100, BIC: VOHGATW1XXX

Application for Participation
of the workshop with Liz Stewart, from April 30 to May 8, 2011 at the Juifenalm Chalet with 6 working days, organized by The Austrian Roling Association, Mag^a. Ruth Frömpter, certified Rolfer and Heidi Baur Certified Structural Integration Practitioner.

Name: _____

Adress: _____

Phone: _____

Email: _____

I plane to arrive by: _____
(car, plane, train)

Place, date, signature: _____