



Exploring perception and the use of the senses in the context of the Recipe

ERA–Movement Workshop with Monica Caspari 3 Movement Credits

27 February – 1 March 2009, Munich, Germany

Since our beginnings, as Rolfers, we've been familiar with fixations in the tissues. It was only recently that we became aware of fixations in the ways we relate to the world (through our senses) and in the ways that we coordinate the firing of our muscles, and the long term effects that these fixations have on fascia and that do not Release with manual techniques.

To encourage you to explore and embody this fascinating aspect of our art we'll dedicate this workshop not only to the work but to ourselves as well. Thus, about half of the time we'll be exploring (not performing!) playfull exercises that will open other possibilities of using our own senses (perception), and thus improve our own patterns of coordination. The rest of the time we'll learn manual techniques to deal with our clients' fixations in perception, thus affecting their coordination. We'll use the Recipe as a template for the development of the workshop so that you'll be able to recognize where we're coming from, or going to, with every exploration and hands-on interventions."



Monica Caspari, Certified Rolfer since 1989, Rolf Movement Certification Training in 1992. Advanced Training in 1993 and in 1999, where she first started studying with Hubert Godard, one of the biggest influences in her style of working and teaching. Member of the Rolf Institute Faculty since 1994.

For her there is no division between Rolfing and Rolfing Movement, nor is the last one a "lesser adjunct" aspect of our expertise. Instead, she thinks of Rolfing as having two aspects: the structural and the functional, the first dealing with fixations in the tissues while the second deals with fixations in perception and coordination. She says that "life is about movement and we as Rolfers treat people so that they can move better, relate with more ease to the other, the things and the environment and thus live a fuller life".

When teaching movement Monica likes to give the students a template to which they can refer to – the Recipe – and she strongly believes in teaching the complexity of movement in a simple, but not simplistic, way.

She has also published *Mindful Movement* -- a book on Rolf Movement techniques.

Monica lives and works in São Paulo, where she teaches and conducts her private practice.

Workshop Fee: € 420.-

Early registration: € 400.- To qualify for early registration you have to send registration and down payment before 17 December 2008.

Registration Deadline and deadline for payment: 15 January 2009

Minimum Number of Participants: 8

(If this number is not reached by 15 January 2009 the workshop can be cancelled by ERA).

Please send your payments to:

European Rolwing Association e.V.

Bank: HypoVereinsbank, Leopoldstr. 21, 80802 München

Bankcode: 700 202 70, Account-Nr.: 60 60 69 88 03

IBAN: DE 35 7002 0270 6060 698803, SWIFT (BIC): HYVEDEMMXXX

Cancellation fees:

Cancellation after 15 January 2009: no refund of the down payment.

Cancellation less than four weeks before the start of workshop: full tuition

Registration:

I have read the conditions above to register for the Movement Workshop with Monica Caspari in 2009 and agree to the conditions.

Name

Address

Date

Phone/email

Signature