

# Rolf Movement® Integration through the Ten Series

An online course via Zoom with

**Aline Newton, Pierpaola Volpones & Rebecca Carli-Mills**



**2 Mondays each month January 22 through May 20, 2024**

**New York 11 am - 1:30 pm ET • London 4 pm - 6:30 pm GMT**

**Three seasoned Rolf Movement® Faculty developed this virtual class to share their favorite ways of working with movement throughout the ten-series.**

**Using an experiential approach, some of the topics we'll explore together include:**

- Dynamics of breathing
- Significance of spiral motion in walking
- Current neuroscience of movement and perception
- Embodied anatomy and biomechanics
- Emotion, expression and finding security.

**The focus of this class is practical, time-tested tools immediately applicable in your practice.**

You will learn specific interventions that can be used in a variety of ways — from identifying key patterns, to developing Rolfing® strategy, to providing client homework. This class is designed to not only advance what you do, but how you do it. As you deepen your embodiment of Rolf Movement concepts, your own relationship with gravity will shift toward more efficient body-use, more refined touch, and a greater capacity for self-care.

**The distance learning format and pacing is ideal for learning this information and making the**

**tools your own.** Every session, you'll meet for 2.5 hours of interactive instruction exploring an essential movement theme with Rebecca, Pierpaola and Aline. \* Between meetings, you'll have home-study to help you integrate the material through suggested practice, readings, and reflective writing. Working with a learning group over ten meetings provides ample time for questions and dialogue. All sessions will be recorded and available to you via Canvas during and after the class completes.

**Dates:** We will meet on the following dates from 11-1:30 US ET [4-6:30 PM London Time]:

- **January 22 and 29**
- **February 12 and 26**
- **March 11 and 25**
- **April 8 and 22**
- **May 6 and 20**

**Credits:** This class offers 3 RMI credits towards the DIRI Advanced Training requirement//24 NCBTMB//24 IASI CE Hours\*\*

**Tuition:** \$600.00\*\*\* + DIRI Admin Fee: \$75.

**Register:** <https://mms.rolf.org/Calendar/moreinfo.php?eventid=45756>

**This course is open to Structural Integration & Somatic Practitioners (yoga, dance, movement, massage, etc.)**

**For more information about this class please email:** [aline@alinewton.com](mailto:aline@alinewton.com)

### About the Instructors

**Rebecca Carli-Mills, MFA** has taught somatic movement courses at several universities, was a founding board member of the International Somatic Movement Education and Therapy Association (ISMETA), and is Past-Chair of the Rolf Movement faculty. Her extensive studies with Hubert Godard continue to inform and inspire her teaching. In addition to degrees in dance performance and choreography, she holds a certification in Gestalt psychotherapy. [https://rolf.org/faculty\\_bios.php](https://rolf.org/faculty_bios.php)

**Pierpaola Volpones, BA** is a member of both the Advanced Roling Training and Rolf Movement faculties. She lives in Europe and currently she is the chair of the Roling European Faculty; she has been very active in bringing Roling education in her country, Italy. [www.volpones.it](http://www.volpones.it)

**Aline Newton, MA** has been Roling since 1984 and served as Rolf Institute Board Chair for many years. She and Bethany currently Co-Chair the Rolf Movement faculty. In addition to her private practice in Cambridge, MA, Aline teaches experiential anatomy at the Boston Conservatory's Alexander Institute and developed the Physical Intelligence Program at MIT. She has studied with Hubert Godard since 1990 and continues to be inspired by his perspective. She has written extensively and lectures on embodiment, breathing, and core stabilization. [www.alinewton.com](http://www.alinewton.com)

All three instructors have devoted years of study to craniosacral, visceral manipulation, and body-oriented approaches to psychotherapy. They share a life-long passion for movement studies including yoga, Tai Chi, Qi Gong, Pilates, Gyrotonic® Method, and ballroom dancing.

\* At least two of the three instructors will be present at each class.

\*\*This course does not count towards Rolf Movement Certification

\*\*\*Includes ongoing access to class videos