

SELF-CARE

for you and your client

**3 DAYS IN PERSON RETREAT
WITH RITA, FRANCE AND BIBIANA**

Come and spend these 3 days with us, where we will share more than 100 years of experience from the 3 of us of working in the field of Structural Integration and Movement Education.

OCTOBER 18TH, 19TH AND 20TH



**BENICASSIM, SPAIN
BY THE BEACH**

In this course of **somatic education**, we will explore in direct and indirect ways of daily activities such as **sitting easily, standing up without pain, breathing more freely, walking fluidly and gaining the movement** that we have lost over the years, by lack of time and attention.

- Classes will explore basic principles of Structural integration and Rolfing Movement that will guide you in finding better balance and dynamic movement. You will learn to apply it to all your activities and will then be able to teach it to your clients.
- These classes will help you discover how to interact with yourself and your environment in an easier and more efficient manner.
- You will leave with specific ideas to help you approach your thinking and movement in your daily life.
- You will expand your skills as a Rolfer and structural integration practitioner.
- And last but not least: we will walk on the beach, swim and have movement sessions in the water to explore our own movements out of gravity.

We often would like to teach our clients something that does them good.
Have we explored how it feels like for ourselves?

The mornings will be devoted to embodiment experiences and is opened to practitioners who are interested to explore Rolfing Movement.

When our clients are facing difficulties in the way they coordinate their movement or experience pain when doing certain activities, how can we help them out?

- The afternoon will be devoted to Rolfers and SI practitioner's experience in their practice and we will deepen the process of **body reading**.
- Time will be devoted to the understanding of possible mechanics that promote **resilience in the organism**.
- Working in pairs and triads, we will emphasize how to evoke an easier **coordination**, by entering the world of **perception** and meaning of one another.
- We will find out how to facilitate the access to certain movement, allowing the different layers of our being to come into **expression**.





RITA GEIROLA is a Rolfing and a Rolf Movement Instructor, Certified Feldenkrais Practitioner and Pilates Instructor.

Her main curiosity is in finding different approaches and languages to get in tune to individual client's needs and resources to achieve a full development of their potentiality and integration.



FRANCE HATT-ARNOLD teaches Rolfing Movement for the Rolf Institute since 1994, and Rolfing since 2007. She enjoys meeting people with their different needs and is happy to transmit the tools she acquired in her regular Rolfing and Rolfing Movement practice.



BIBIANA BADENES oversees an innovative body-mind rehabilitation program for rheumatoid arthritis patients and stress management clients. She trained as a Physical Therapist from the University of Valencia (1988) Master in PT (2006) and she is Advanced Certified Rolfer™ and Rolf Movement™ has been running the KINESIS Center for Physiotherapy and Movement in Harmony in Benicàssim since 2000.



OCTOBER 18TH, 19TH AND 20TH

BENICASSIM, SPAIN
BY THE BEACH

SCHEDULE

9:00-13:30

15:00- 18:00

1 ELECTIVE CREDIT
2 MOVEMENT CREDITS

PRICE TUITION

450€ before September 1st after that day 550€.

BANK ACCOUNT

BIBIANA BADENES BRAULIO
BANCO SABADELL
ES90 0081 4325 0100 0112 4313
BIC CODE BSAB ESBB

PAYPAL increases 40€

bibianabadenes@me.com



VENUE

HOTEL INTUR BONAIRE

- **Adress:**
Avda.Gimeno Tomas 3,
12560 Benicassim,
Castellon, SPAIN
Tel: +34 964 392480
- **Prices per room and per night, 10% VAT included:**
 - Single room in bed and breakfast 53,55€.
 - Single room with half board 70,55€.
 - Double room for bed and breakfast 57,80€.
 - Double room with half board 83,30€.

ARRIVING IN BENICASSIM

- **Train station:**
Renfe Benicassim
3km from venue
- **Closest high-speed train (AVE) station:**

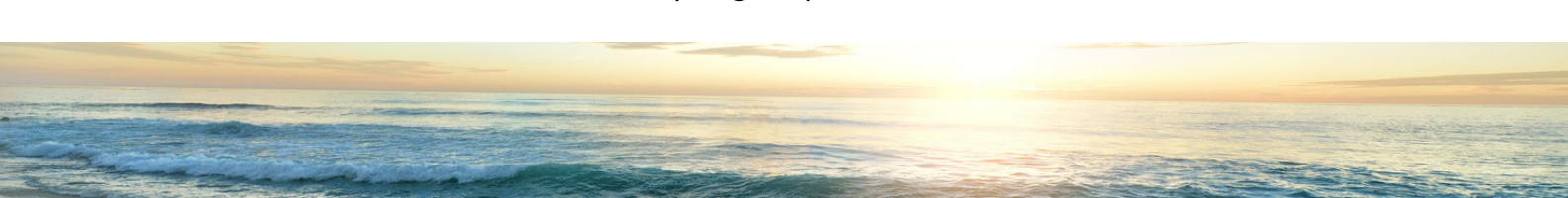
Valencia "Joaquín Sorolla"
90km from the venue - 1h by train
100€ direct taxi (we can book this for you and you can share the taxi with other students)
- **Closest AIRPORTS:**

Castellon de la Plana (30 minutes by car) only a few flights

Valencia Airport (VLC)
(Recommended. We can arrange shuttle service for you)
90km from the venue – 1.5h by train

Barcelona International Airport (BCN)
250km from the venue - 3h by train

Madrid Barajas International Airport (MAD)
435km from venue - 4h by high-speed train



● *Looking forward to seeing you soon* ●

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