

Location

Hotel-Restaurant-Bellevue



Via Nova 66 Tel. +41 81 911 31 31 info@bellevueflims.ch
7017 Flims Fax +41 81 911 12 32 www.bellevueflims.ch
Switzerland
Contact Person: Marianne Tobler / Rolf Joos, Reservation code: Rolfing

Accommodation

per day / person

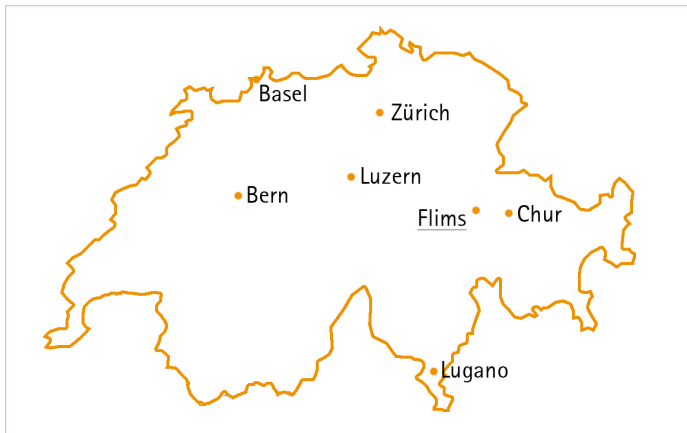
| | |
|-------------------------------|-------|
| Single room, full board | 120 € |
| Double room, full board | 110 € |
| Single room, half board | 107 € |
| Double room, half board | 95 € |

Please note: The room has to be reserved directly at the hotel.

The Euro prices were calculated on an exchange rate of 1.35. We reserve the right to adjust prices for larger fluctuations.

Directions

Flims is easy to find: take the train to Chur and then the "Postauto"-Bus to "Flims-Dorf" oder "Bergbahnen". Automobiles follow the San Bernadino Route (Freeway A13), and then the "Flims/Ilanz" exit (after Chur). Hotel Bellevue is situated in the center of the village, just 150 m away from the Flims aerial tramways (the gateway to the "White Arena").



Fees

Because it is the 20th year anniversary, we want to offer the Rolfers special bonus packages:

Outdoor Day for Rolfers 24 June (please register) free

The participant that attends at least one workshop will attend the meeting for free, and will have to pay only for the party 50 €:

Conference and one Workshop please specify the workshop

The participant that attends both workshops will have the meeting and the party for free:

Conference and all Workshops 700 € / 750 €

Registration

Early (fee received by 31 March) / regular

Rolfer

European Rolfing Conference 2011

25 - 26 June (with party) 120 € / 140 €

Conference fee for one day w/o party 70 €

Conference fee for one day w party 100 €

Party (e.g. for guests) 50 €

Workshop 1

Harvey Burns 280 € / 300 €

Workshop 2

Monica Caspari 420 € / 450 €

Guest

European Rolfing Conference 2011

25 - 26 June (with party) 140 € / 150 €

Contact and Registration

Dagmar Krupp

European ROLFING® Association e.V.

Saarstr. 5

80797 Munich

Germany

Tel. +49. (0)89. 54 37 09 41

Fax.+49. (0)89. 54 37 09 42

Online registration is also possible for the Conference and Workshops.

www.rolfing.ch > Links > AM 2011 Flims

Username: amflims Password: flims 2011

Bank

HypoVereinsbank

Leopoldstr. 21

80802 München

BLZ 700 202 70

Konton 60 60 69 88 03

IBAN: DE 35 7002 0270 6060 698803

SWIFT (BIC): HYVEDEMMXXX

European **ROLFING®** Association



ROLFING®
Celebration of Work Life Balance

International Rolfing® Conference 2011
and ERA General Meeting 25-26 June 2011

Free Outdoor Day for Rolfers 24 June 2011
Workshop with Harvey-Burns 22-23 June 2011
Workshop with Monica Caspari 27-29 June 2011

ROLFING

22 – 23 June 2011

Friday 24 June 2011

Saturday 25 June 2011

Sunday 26 June 2011

27 – 29 June 2011

Celebration of
Work Life Balance

Meet your colleagues
at the extraordinary
atmosphere of
the Swiss mountains

20 years anniversary of
the ERA, exciting
professional speakers
and activities,
outdoor activities,
social events
for the Rolfer's core.

International Roling
Conference 2011
and ERA General Meeting
25–26 June 2011

Workshop with Harvey-Burns
22–23 June 2011

Workshop with Monica Caspari
27–29 June 2011

Hotel-Restaurant-Bellevue
Via Nova 66
7017 Flims
Switzerland

2 Day Manipulation Workshop

09:00 – 17:30

**Myo-fascial Techniques for the
Shoulder Girdle, Arms and Neck**

The common goal of these techniques
is to release local restrictions, whilst
looking for the larger patterns in
which they exist. In this way, local
release can spread into a more global
environment.

This way of working respects the
shape of the body's different tissues,
and evokes the experience of
connectedness and integration for
the client.

For us practitioners, these tech-
niques educate our hands to work
and perceive at different structural
and spatial levels in the frame of one
intervention.

A great opportunity for you to get
some much needed work on your
hands, shoulders, neck and arms!



> **Harvey Burns**
has been working
as a Rolfer since
1985, as an Ad-
vanced Rolfer
since 1993 and
has had practices
in London, Mu-
nich and currently in Vienna.

In 2002 he became a member of the
International Faculty of the Rolf® In-
stitute, and is since teaching trainings
and workshops in Europe and the USA.
He has also developed Rhythmwork.

Nature Exploring with Rolfing

09:00 – 09:15 Meeting Point

**09:15 – 09:45 Overview of Today
Outdoor Activities**

Feel Rolfing during different sport
activities by your own. > **Richard/
Thomas**

**09:45 – 10:45 Jogging to
Caumasee**



> **Thomas Walser**, MD, has been
working since 30 years as a GP and
Rolfing in Zurich. > **Astrid Widmer** is
a Certified Rolfer.

11:00 – 13:00 Refreshment

Swimming, lie in the sun, play beach
volleyball and have fun.

13:00 – 14:00 Lunch

14:00 – 17:00 Walking

Look into the Swiss grand canyon
and feel like an eagle.
Get your own experience in walking
above the ground.

[www.sportzentrum-flims.ch/
sommer_hochseilpark_ab.html](http://www.sportzentrum-flims.ch/sommer_hochseilpark_ab.html)

16:00 Contact Point Meeting

**17:00 – 17:30 Walk back to the
Hotel**

17:30 – 19:00 Happy Hour

08:30 – 09:00 Registration

09:00 – 09:15 Opening

09:15 – 10:45 Rhythm Work
> **Harvey Burns**

10:45 – 11:15 Break

11:15 – 13:00

ERA General Annual Meeting

Reports and Discussion

1. Board and Office Report
 2. Report of Financial Controllers
 3. Clearing of the Board
 4. Contact Point Reports
 5. RISI Report
 6. Research
 7. Miscellaneous
- Please read written reports before
the general meeting!

13:00 – 14:30 Lunch

**14:30 – 16:00 The Field of
Structural Integration**

Ida Rolf quotes about Structural
Integration and developements
of living structure and its func-
tional element. > **Melchior Ryser-**



Inderbitzin,
Certified Rolfer
SGSI, Founding
Member of the
Swiss Society
of Structural
Integration

16:00 – 16:30 Break

16:30 – 17:00 Summary of ERA
Summery of 20 years of the ERA
> **Marlene Sonderegger**, one of the
first chairs of the ERA

**19:30 – 24:00 Dinnerbuffet &
Party**

09:00 – 10:30 Jogging and Walking

Theory and practice of economic
running and walking. How can I
teach clients to run and walk by
using gravity and the elastic spin of
their connective tissues after initial
muscle release? Including practical
instruction outdoor on the track.
Please bring running shoes.
> **Thomas Walser/Astrid Widmer**

10:30 – 11:00 Break

**11:00 – 12:30 Live is about
movement** All of us develop move-
ment patterns that eventually end
up affecting the structure. The most
basic movements – breathing and
walking – also develop patterns.
> **Monica Caspari**

12:30 – 14:00 Lunch

14:00 – 15:30 Movement

France will present a DVD that
she has recently done showing
approximately 50 Rolfing Movement
exercices to improve coordination
with gravity. > **France Hatt-Arnold**

15:00 – 15:30 Break

16:00 – 17:30 Unwinding

Methodology of functional craniosa-
cral osteopathy that aims to release
fascial tension patterns into authentic
movement. Focus is the sacrum and



pelvis. > **Alfred
Stollenwerk**
Alternative
practitioner.
Practicing since
1987 with a
focus on funcio-
nal osteopathy.

Teaches Craniosacral osteopathy,
visceral osteopathy and parietal fascial
technique in the U.S., Spain, South
Africa and Germany since 1996.

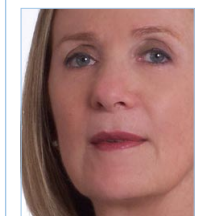
3 day Movement Workshop

09:00 – 17:30

Life is about movement.

The most basic movements –
breathing and walking – also develop
patterns. Knowing how to identify,
work and release them with powerful
new manipulation and movement
techniques makes Rolfing sessions
much more efficient and easier on
the Rolfer's body; at the same time it
empowers the client.

In this three days workshop we will
focus in identifying and working
with the most common dysfuncio-
nal movement patterns that affect
breathing and walking. And because
both these actions depend on the
core we'll also learn how to evoke
good core stabilization.



> **Monica
Caspari** became
a Rolfer in 1989,
joined the Rolf
Institute Faculty
in 1994 and has
taught in Brazil,
United States,

Australia, Germany and Japan.
Monica has been studying with Hu-
bert Godard since 1999 and inspired
by him she has been exploring the
interface between structure and
function, and how to evoke a new
expressivity from the client. Monica
lives and works in Sao Paulo, Brazil.

European Roling Association e.V.
Saarstraße 5
80797 München

