

Location and Accommodation



Hotel Fuerte Conil-Costa Luz

Playa de la Fontanilla s/n
11140 Conil de la Frontera, Cadiz
Spain

Tel.: (+34) 95 292 00 18
www.fuertehoteles.com/en/hotels/resort-fuerte-conil-costaluz/

Accommodation

Please note: The room must be reserved directly at the hotel. Please use the registration form we sent you with the newsletter. Rooms are blocked for the below room rates till 30 April 2015.

Triple room (3 adults), half board: 151,12 € (50,38 p.p.)
Double room, double occupancy, half board: ... 120,90 € (60,45 p.p.)
Double room, single occupancy, half board: 81,20 € (81,20 p.p.)

Half-board consists of breakfast and dinner buffet (house wine, mineral water and coffee). This price will be available from the 8th to the 16th of September. Please check availability before. 2 kids under 12 years are free of charge in a double room. Family room (2 adults/2 kids) 25 € per night extra. If you want to book a better room, we can also offer you a supplement as follows: 20,00 € per night/ supplement for a side sea view room (single or double occupancy), 40,00 € per night/ supplement for a front sea view room (single or double occupancy)

Directions

Please have a look at
www.fuertehoteles.com/en/hotels/resort-fuerte-conil-costaluz/location/

Airports distances

Jerez de la Frontera (XRY):.....70 km, 45 min.
Sevilla (SVQ): 160 km, 1,5 hours
Malaga (AGP):..... 230 km, 2,5 hours

Registration and Fees

Please register at www.rolfing.org/bmc2015

Please note that the registration, payments, and cancellations are handled through our event service partner amiando.

Early (fee received by 30 April 2015) / regular
European Conference (incl. party)
12/13 September 2015 130,- / 130,- €

Pre-Conference Workshop with Kevin Frank
9/10/11 September 2015 419,- / 449,- €

Pre-Conference Workshop with Peter Schwind
9/10/11 September 2015 419,- / 449,- €

Post-Conference Workshop with Jon Martine
14/15 September 2015 279,- / 299,- €

ERA Membership Meeting 2015
12 September 2015, 11:25 – 13:30 h free of charge

Conference Guest (incl. party)
12/13 September 2015 140,- / 150,- €

Party only
12 September 2015 50,- €

Packages

Pre-Conference Workshop with Kevin Frank & Conference
9 – 13 September 2015 499,- / 529,- €

Pre-Conference Workshop with Peter Schwind & Conference
9 – 13 September 2015 499,- / 529,- €

Post-Conference Workshop with Jon Martine & Conference
12 – 15 September 2015 369,- / 389,- €

Registration fees are included in all workshop prices. The prices do NOT include accommodation and travel arrangements.

Cancellation Fees:

Cancellation until 9 July 2015: 10% of paid amount plus Amiando cancellation fees. Cancellation until 25 August 2015: 50% of paid amount. Cancellation after 25 August 2015: full amount. Please note that amiando charges a fee between 15,- and 50,- (depending on the workshop price) in addition to above cancellation fees if you cancel your registration.

Contact

We very much look forward to seeing you at the conference!
If you have any questions, contact us:

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membership@rolfing.org
www.rolfing.org



ERA Biennial
Membership Conference

New lights on Rolfing®

Exploring how new developments
can enhance our work

Workshops, Networking, and
General Membership Meeting

12/13 September 2015
Conil de la Frontera, Cadiz, Spain

New lights on Rolwing®

Exploring how new developments can enhance our work

ERA Biennial Membership Conference and General Meeting
12/13 September 2015

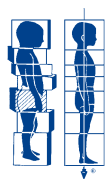
Workshop with Kevin Frank
9/10/11 September 2015

Workshop with Peter Schwind
9/10/11 September 2015

Workshop with Jon Martine
14/15 September 2015



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Pre-Conference Workshop 1

Evoking Coordinative Structure – Rolwing's 10-Series "Core Hours" as Phases of Gait

> Kevin Frank (Asst. Caryn McHose)

3 days 9/10/11 September 2015
09.00 – 18.00 Sala Zahora,
3 Movement Credits

The core hours of the 10-series address fascial mobilization in the deep structures between spine and limbs, especially spine to legs where the work reduces inhibitory impulses in/around the pelvis. The "Core" as motor pattern intelligence offers a fresh perspective. This workshop treats each core hour as a revival in phases of gait: stance/landing, swing and push-off phases. A revived gait links to an extensive catalog of improved motor patterns—we feel the body walk in a genuine and self confirming manner; and, greater eccentricity (elongation and volume) in response to the need to move. The workshop includes table and seated work, standing and moving, and self-care practices clients take home.



> Kevin Frank is a Certified Advanced Rolfer, Rolf Movement Instructor, and the author of numerous articles derived from

Godard's Tonic Function model; he also co-authored (with Caryn McHose) *How Life Moves, Explorations in Meaning and Body Awareness*. He has a private practice in Holderness, NH, USA, and teaches workshops for structural integrators and other movement professionals.

> www.resourcesinmovement.com

Pre-Conference Workshop 2

The Inner Shape of the Craniosacral System and its Significance for Structural Integration

> Peter Schwind

3 days 9/10/11 September 2015
09.00 – 18.00 Sala Fontanilla,
3 Manipulation Credits (cranial)

This workshop has several objectives:

- To understand and manage practically the different modalities of touch used by treating muscle fascia, visceral fascia and membranes of the craniosacral system
- To train the sensitivity of the practitioner's hands to distinguish restrictions at the level of the outer layers of the cranium, at the level of inner membranes and at the level of sutures
- To train the hands to perceive the "spatial" order inside the cranium and its relation to the cavities of the trunk
- To teach traditional and new techniques for the treatment of strain present in the cranium, neck and TMJ.



> Peter Schwind, Ph.D. is an Advanced Instructor (1999) with the Rolf Institute®. He has been in private practice since

1980 in Munich, where during the early eighties, he organized one of the first series of cranial workshops for Rolfers, doctors and chiropractors. For over 30 years, he has remained in close dialogue with leading osteopaths and considers cranial work to be his strongest interest outside traditional Rolwing SI.

Biennial Meeting

Friday 11 September

17:30 – 18:00 Welcome Reception at the Hotel

18:00 – 18:30 Movement Activity

19:00 – 21:00 Contact Point Meeting Sala Zahora

20:30 – 22:00 Dinner Hotel Restaurant (adjacent to meeting room)

Saturday 12 September

08:00 – 09:00 Activity on the Beach > Michael Kellenberger

09:30 – 11:00 How "neural-fascial informed touch" may serve Rolwing® Structural Integration

> Jon Martine The "10-series" offers a layered approach to differentiate fascial structures and coordination. While we may incidentally free up the neural pathways by systematically releasing tissues, this process can be more effective by bringing greater precision to our touch. A shift from unconscious to conscious competence, through neural fascial informed touch, can improve our outcomes. This presentation will explore the relationship between neural fascial restrictions and structural imbalances, and the relevance of neural fascial informed touch to effecting structural changes. Sala Zahora

11:00 – 11:25 Coffee Break

11:25 – 13:30 ERA General Membership Meeting

Board, Office, and Committee Reports to the Membership, Clearing of the Board, Elections. Sala Zahora

13:30 – 15:30 Lunch (On your own)

15:30 – 18:30 Mini-Workshop: The Individualization Process & Human Shape > Konrad Obermaier



& Pilar Martin From infancy to adulthood, there is a dynamic tension between gravity and the ever-changing flow of information between the sensory world and the biology of our bodies. We will explore new thinking about the four "functional articulations" – up/down, front/back, right/left,



and in/out; and look at these "Articulations" as expressions of an ongoing process of individualization. This workshop will focus on this process and how it can enhance/differentiate our work within the 10-series. Sala Zahora

19:00 – 20:00 Mesa Redonda – Round Table Join the speakers to discuss the sessions of the day in an informal setting. Sala Zahora

20:30 – 24:00 ERA Dinner Party & Live Music Come party with Sheela Gathright & her "funky" Trio... be ready to move!

Sunday 13 September

08:00 – 09:00 Activity on the Beach > Caryn McHose

09:30 – 11:00 2014 Fascia Summer School: Update on the latest findings in Fascia Research



> Michael Kellenberger I will share impressions on the newest Fascia Research, insights gained from exchanges with therapists of different methods from around the world, and thoughts on incorporating these new developments in our work. Sala Zahora

11:00 – 11:25 Coffee Break

11:25 – 13:00 Shedding new light on the 7th Hour > Peter Schwind We will take a new look at the 7th hour of the standard series by exploring the relationship between neuro- and viscerocranium. Sala Zahora

13:00 – 15:00 Lunch (On your own)

15:00 – 16:30 Coordinative Structure: Elements to Make Rolf's Message Unmistakable > Kevin Frank Practitioners are Rolwing's voice – do clients understand our message? Frame the work as "revived" coordination – change in relation to improved body security, and the mystery lightens...

16:30 – 17:00 Closure

Post-Conference Workshop

Neural Fascial Mobilization: Peripheral Nerves of Shoulder and Pelvic Girdles

> Jon Martine

2 days 14/15 September 2015
09.00 – 18.00 Sala Zahora,
2 Manipulation Credits

This class explores the relationship of neural fascial restriction/inflammation to structural imbalances. When the body has nerve fascia that is restricted and fails to glide, the entire system becomes pre-occupied. Reducing this "pre-occupation" is necessary for reducing pain and restoring optimal function. Decompressing the neural and visceral fascial structures that influence the thoracic outlet and the pelvic and sacral plexus will be a focus as we explore the peripheral nerves of the shoulder and pelvic girdles.



> Jon Martine, is a Certified Rolfer (1990), Certified Advanced Rolfer (1997), and Rolf Institute® Faculty member. Beyond influences from the Rolwing and Structural Integration world, Jonathan draws from the Osteopathic work of Steven Sarnet, Jean-Pierre Barral and Alain Crobier; Physiotherapy work of David Butler, Michael Shacklock, and Diane Jacobs; work of Chiropractor/Rolfer Don Hazen, and Chiropractor/Neurologist Dr. Michael Allen in a synthesis of neural/visceral fascial work.