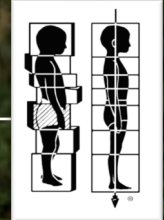




# ROLFING® IN BALI

2012



## Phase I

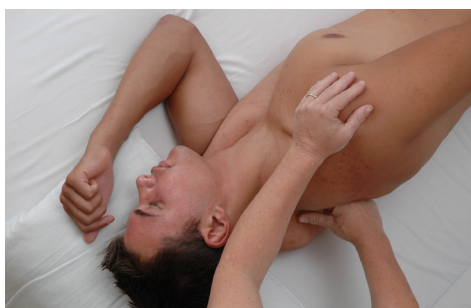
January 30  
to  
March 9, 2012

## Phase II

May 7  
to  
June 29, 2012

## Phase III

October 1  
to  
December 7, 2012



# Opportunity to train in Bali, Indonesia

These are the first Rolwing® trainings to be offered in Bali, Indonesia. Bali, well known for its serene landscapes, beautiful beaches, tasteful architecture, stunning villas, amazing arts and crafts, textile, and most of all, its warm and friendly people, is the perfect location to learn and embody Rolwing® Structural Integration and Rolf Movement® Integration. Bali's many tranquil environments offer the opportunity for introspection and transformation, its beaches a surfer's paradise, while streets of handicrafts and stone carvings awaken your sensibilities.

Within the bounty of what Bali Island offers, we are going to hold our Rolwing® trainings at beautiful private villas where the atmosphere is relaxed and conducive to the learning and embodiment of our work.

Take the opportunity to experience the culture of Bali while you engage in this life-changing undertaking of training to become a Rolfer™ and a Rolf Movement® Practitioner.

## Curriculum

Phase I US \$4,500

### **Foundations of Rolwing® Structural Integration**

Myofascial Release, Therapeutic Relationship, Rolf Movement®, Anatomy, Physiology, Group Process

Phase II US \$6,525

### **Embodiment of Rolwing® Structural Integration & Rolf Movement® Integration**

Theory behind Rolwing® SI, Rolf Movement® Integration, students exchange 13-session series (10 structure + 3 movement) with each other

Phase III US \$10,030

### **Dual Certification: Clinical Application of Rolwing® Theory & Rolf Movement® Certification**

Additional anatomy for Rolwing® SI, deepen understanding of the integration between structure and function, students perform the Rolwing® series on outside clients

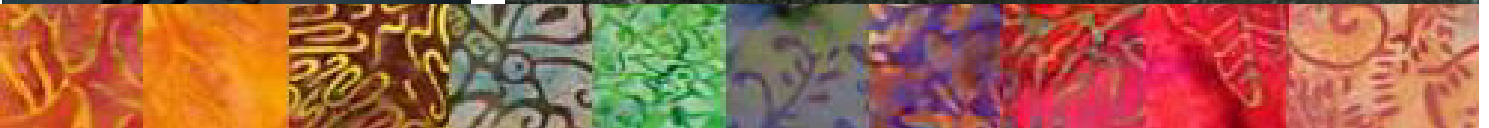


# ABR

Associação  
Brasileira de  
Rolfing®

## Integration

The Brazilian Rolfing Association (ABR) adopted a Dual Certification format for its Basic Rolfing® trainings because it recognizes the importance and absolute interconnection between structure and function in a human being. One of the facets that this training focuses on is integration, not only of the structural and functional aspects of the work, but also in the holding of the learning environment. It is our intention to provide you with the best possible container for the exploration of touch, movement, therapeutic relationship and group process for the highest possible integration of the work during your journey to become a Rolfer™.



## Prerequisites

### PHASE I

- Above 21 years old
- Curriculum vitae
- College degree certificate or high school diploma
- Certificates for other professional experience and trainings
- Receive 10 Rolfing® sessions before starting Phase I
- Interview (on Skype)

### PHASE II

- Pass Phase I
- Documented completion of 50 hours of practice of Myofascial Release taught in Phase I
- Letter of Intention to become a Rolfer™
- Receive 5 Rolf Movement® sessions before starting Phase II
- Timely completion of written assignment given in Phase I

### PHASE III

- Pass Phase II
- Timely completion of written assignments given in Phase II

# Accommodation in Bali

## A. Luxury Villas

Bali boasts of some of the most beautiful and luxurious villas, and there is a large variety of styles and amenities to choose from. Prices can also vary significantly, but during the Low Season, which is when these trainings are held, it is possible to find something very nice that is within a reasonable price range.

(per night) US\$100.00  
to US\$200.00

## B. Private villas (Shared)

These are usually small villas with two or three bedrooms that can be shared by students. Most of the bedrooms are fitted with double beds, although occasionally, you can find one with two single beds. Villas like these frequently have their own private swimming pool, a shared living and dining area, and a kitchen and utilities room. Note that the price quoted below is a monthly rental.

(per month) US\$3,000.00  
to US\$3,500.00

## C. Low-cost Hotels, Bed & Breakfasts

There are many alternatives for low-cost accommodation in Bali. Mainly, they offer you a basic room with an attached bathroom. Some places include services like a WIFI connection to the Internet, while others charge extra for them. Inexpensive laundry services are usually available at these premises.

(per night) US\$15.00  
to US\$100.00



## Food & Recreation

Food can be relatively inexpensive in Bali, and during the training, we can share groceries and have the villa staff prepare lunch for everyone who wants to eat together for a nominal fee. Of course, you are welcome to prepare your own food and bring it to the training premise for consumption as well.

There is a lot to do and explore in Bali. Some of the more well-known activities include surfing, scuba-diving, hiking, cultural performances, and cooking and arts & crafts classes.



## Registration

Gillian Kok

[balitrainings@rolfing.com.br](mailto:balitrainings@rolfing.com.br)

## Registration Deadlines

Phase I: October 15, 2011

Phase II: January 15, 2011

Phase III: May 15, 2012

