

**Exploring human Structure : an intensive course in structural anatomy
designed for candidates preparing for Rolfing training / Rolf Institute.**

Contributors

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This course is sponsored
by the European Region
of the Rolf Institute

as a guide for candidates preparing for Rolfing Training. Students can expect that the areas of knowledge and practice which underlie the craft of Rolfing will be presented and explored. Upon successful completion, students may credit this course toward the admissions requirements for Rolfing Training.

However, N.B.:

Rolfing techniques will not be taught at this course.

This course by itself will not fulfil all Rolfing Training pre-requisites.

Acceptance into this course does not imply acceptance into Rolfing Training.

For information regarding application and admission to Rolfing Training, please contact the European representative of the Rolf Institute:

Manfred Jansen
Am Glockenbach 2
8000 München 5
W. Germany.

We recognise that the course may be of interest to those engaged in or preparing for other professions. While preference is given to Rolfing candidates, other students with a bona fide interest can be admitted depending on space available.

Students requiring a credit toward a professional qualification need to make prior arrangements with the course director:

Thomas Myers
62 Croftdown Road
London NW5
Tel: 01-267 6083

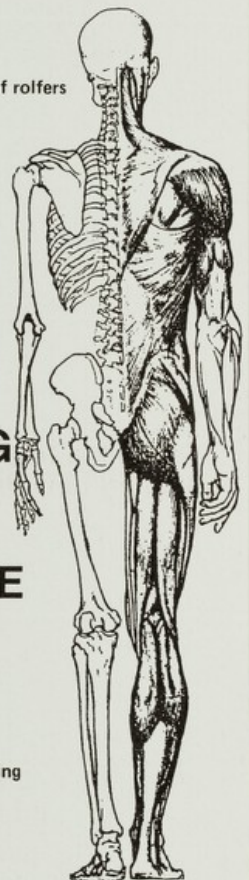
The word 'Rolfing' is a Service Mark of THE ROLF INSTITUTE of Structural Integration.

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the european community of rolfers
announces

EXPLORING HUMAN STRUCTURE

an intensive course in
structural anatomy
designed for candidates
preparing for Rolfing Training



EXPLORING HUMAN STRUCTURE

is a 3 week study programme which combines the maps of human structure and function with opportunities for practical application and experience.

The course is designed to induce a spirit of open enquiry and informed experimentation in developing an understanding of human structure and growth.

In format, the course will interweave anatomical data with the relevant concepts and practice. For example, the idea of support will be followed from its definition in engineering, applied specifically to human anatomy, leading to seeing and modelling support in others, followed by palpation of the relevant joints and muscles, coming to a discussion of the 'unsupported' person and how they compensate their imbalance. With the information integrated in this way, more genuine learning takes place and the course can appeal to beginners and the more experienced alike.

The course will be taught by Rolfers and Rolfing Movement Teachers, with occasional presentations from other professions, and is open to Rolfing Training candidates and other suitable students.

For information concerning admission, dates, cost, etc. please consult the enclosed sheet or contact the course director.

THEORY and

Lecture material will be drawn from the following:

GENERAL PRINCIPLES:

- Evolution and adaptation
- Homeostasis and the body's cycles
- Stress and recovery
- Growth and embryology

STRUCTURAL ANATOMY:

- A detailed study of the body's living matrix: bones, muscles, joints, connective tissue and fluids
- Comparative anatomy

BIO-MECHANICS:

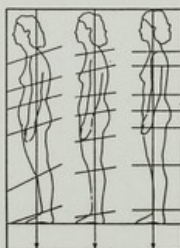
- Support, suspension, and balance
- Tension and compression
- Gravity and postural response
- The mechanics of human form

PHYSIOLOGY:

- Brief tours of the physiologic systems and their interaction
- The physiology of exercise
- The physiology of emotion

LEARNING AND CHANGE:

- Learning, training and habituation
- Nervous control of posture and movement
- Theories of child and personality development
- History and scope of manual intervention



PRACTICE

Practical sessions will include:

MASSAGE:

- Developing an effective and sensitive vocabulary of touch
- Getting and giving information through the hands
- Palpation of muscles, fasciae, and joints
- Introduction and practice of basic Swedish and Shiatsu techniques
- Energetic considerations

SEEING:

- Structural analysis
- Movement analysis
- Modelling structure with clay, blocks, by drawing

MOVEMENT:

- Self-experience with breathing, posture and movement
- Developmental movement sequences
- Efficient use of the self when working
- Introduction to movement modalities – e.g. the Feldenkrais method or the Alexander technique
- Practice in movement instruction and imagery

OTHER POSSIBILITIES:

- Field trip to dissection lab, anatomy museum, or physiotherapy dept.
- Animal tissue dissection
- Presentations from professionals in fields of interest to students

