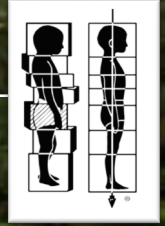




# CERTIFIED ADVANCED ROLFER™ TRAINING



## BALI 2012



### Date

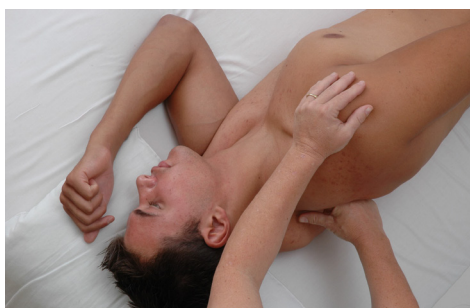
March 26  
to  
April 27, 2012

### Instructor

Tessy Brungardt

### Prerequisites

- Fulfillment of 18 CE credits (9 Manipulation, 3 Movement, 3 Cranio, 3 Electives)
- Minimum 3 years of Rolfing® practice



# CONTENT DESCRIPTION

*"We are not made of stuff that abides. We are made of patterns that repeat themselves through time." -- Ida Rolf*

This Advanced training will focus on how to take those patterns that repeat themselves through time, disintegrate the dysfunctional aspects of those patterns, and integrate them into functional support for the human organism.

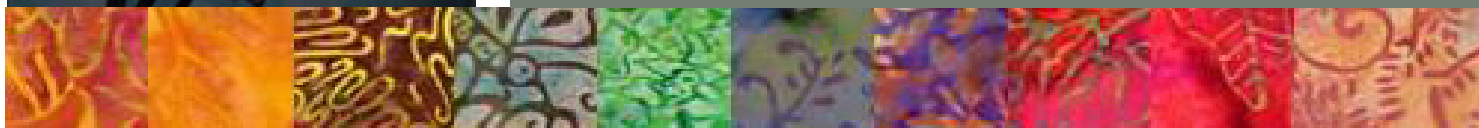
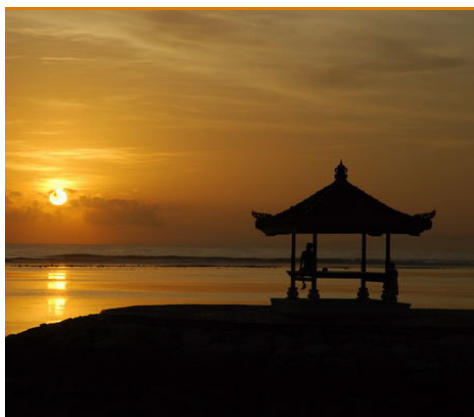
*"Almost everybody is average, almost nobody is normal."*  
-- Tessy Brungardt, talking about the application of Ida Rolf's ideas

This Advanced Rolfing Course is an opportunity to explore what it might mean to be 'normal' in the field of gravity. Having been a Rolf Institute Instructor for 20 years and an Advanced Rolfing Instructor for 8 years, Tessy will show attendees of this class the way to create ease and efficiency for your clients according to their needs and preferences.

Strategizing to meet your clients' needs, this class will focus on client pain relief, client activity integration, and bringing your clients into greater body awareness, and what this awareness means in the context of the paradigms first elaborated by Dr. Rolf.

As a former Chair of the Faculty, and former Chair of the Board of Directors of the Rolf Institute, Tessy brings to the classroom not only the awareness of the integrity of being a practitioner of the art of Rolfing, she brings the awareness of the history of the evolution of the art. Her skills in the articulation of the art of Rolfing, and the integration of the practice in daily life, will give the attentive attendee of this class the skills necessary to be both firm and creative in the resolution of their clients' difficulties.

This class is also deeply focused on the needs of each student getting what they need personally in the context of giving and receiving a 5 series. The class will consist of lectures, demos, exchange of work with classmates, and giving work to outside clients, all integrated toward meeting the needs of both the practitioners and their clients.



**Tessy Brungardt** received her BA in Environmental Biology in 1973, and was certified as a Rolfer™ in 1985. She combined her love of teaching with her love of Rolfing®, becoming a Rolfing® Instructor in 1994 and an Advanced Instructor in 2002. She has maintained a practice in Baltimore, MD, since 1986 where she works with a wide variety of clients, specializing in work with musicians and children. She also works with animals, particularly horses, dogs, and cats.

Perhaps most well known for being featured in the Academy Awards nominated documentary "Two Hands" – the story of pianist Leon Fleisher who regained the use of his right hand through Tessy's Rolfing, Tessy has, over the years, taught 14 Basic classes, 8 Advanced Rolfing classes, and almost two dozen CE classes in all aspects of Rolfing in the United States, Brazil, Australia, Japan, Germany, and Switzerland.

# 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

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Registration Deadline

November 15, 2011

