

# Basic Rolfing® Certification Program

## in Boulder, CO

### Education

This program is included in COMTA accreditation.

#### Admissions to The Rolf Institute®

1. A High School diploma or equivalent
2. One of the following:
  - a. An official academic transcript showing at least 60 credit hours at an institution of higher education.  
OR
  - b. Official documentation verifying equivalent coursework and success in an adult education program.  
OR
  - c. Documentation of equivalent life experiences and accomplishment.
3. A written 2-3 page personal life experience essay.
4. Approval of an application and required enrollment forms.
5. A resume and solo headshot photograph (for identification purposes).
6. Verification of having received a complete Rolfing Ten-Series from a Certified Rolfer\*.
7. Non-refundable \$50 Application fee. (Fee will be refunded if student is not admitted or has not signed an enrollment agreement.)

Written assignments are due 2 weeks before Basic training begins. All submissions are made through the Online Admissions Application Process.

#### Basic Rolfing Certification Program

731 hours

\$19,178 + fees • A \$900 deposit is required to register for all three program phases.

##### Phase I: Foundations of Rolfing Structural Integration

218 hours ~ Six week Intensive

##### A required study interval between Phase I and Phase II.

Prior to Embodiment of Rolfing SI & Rolf Movement Integration:

- 50 hours of *Skillful Touch* and two written essays must be completed.
- Verification of having received three (3) Rolf Movement Integration sessions from a Certified Rolf Movement Practitioner prior to the start of Phase II.

Written assignments must be submitted online 4 weeks before the start of Phase II.

##### Phase II: Embodiment of Rolfing Structural & Rolf Movement Integration

244 hours ~ Eight week Intensive

##### A required study interval between Phase II and Phase III.

A mentorship with a Rolfer for supervision and practice of skills is highly recommended during the study interval between Phase II and Phase III.

Written assignments must be submitted online 4 weeks before the start of Phase III.

##### Phase III: Clinical Application of Rolfing Theory

269 hours ~ Eight week Intensive

### Membership

#### RISI MEMBERSHIP

Upon completion of training, graduates have the option to become a Rolf Institute Member for their first 12 months at a discounted rate, providing access to Rolf Institute service marks and membership benefits.

#### Required Continuing Education

A minimum of 18 days of Required Intermediate CE over a period of 3-7 years (or 9 years if already a Rolf Movement practitioner) is a prerequisite preparation for Advanced Rolfing Certification.

#### Rolf Movement Integration Certification

30-day intensive training focusing on various aspects of a unified movement theory. \$6,060 + fees

#### YOU'RE A CERTIFIED ROLF MOVEMENT® PRACTITIONER\*

#### Certified Advanced Rolfer Training

Focus is on developing individualized design of sessions to meet the immediate needs of the client. Prerequisites: 18 days of approved CE hours as described above. \$6,097 + fees.

#### YOU'RE A CERTIFIED ADVANCED ROLFER™ \*

\* Students with an existing medical condition, after consulting with their physician, may want to consider completing the Ten Series prerequisite, required to start the training, 2-3 months prior to the start of Phase II, where they will receive another Ten Series as part of the class. RISI reserves the right to require a physician's release for any student.

Rolf Institute Membership is required to use the service marks.

YOU'RE A CERTIFIED ROLFER™ \*