



RolfInstitute®
of structural integration

**Education Catalog
Atlanta, GA Campus**

404-315-0099 • www.rolf.org

The History of Rolfing® Structural Integration



In 1920, Ida Pauline Rolf received her Ph.D. in biochemistry from the College of Physicians and Surgeons of Columbia University, followed by an appointment as a Fellow in organic chemistry at the Rockefeller Institute.

Driven to find solutions to her own health problems and those of her children, she spent many years studying and experimenting with different systems of healing and manipulation. She concluded that lasting improvement in well-being required a closer look at the effects of gravity on our bodies. Her insight was that gravity stresses the imbalances in structure which in turn changes the network of muscles and connective tissues, robbing the body of energy and good physiological function. These changes could be reversed.

She devoted her life to developing powerful and effective techniques to bring about a more harmonious relationship with gravity. Her

investigation led to the system that we now call Rolfing Structural Integration. In order to pass along her work to others, she developed a series of ten sessions, which are the basis for every Rolfer's training and practice.

Dr. Rolf is recognized as a pioneer and leader in the field of bodywork, soft tissue manipulation and movement education. She founded The Rolf Institute® of Structural Integration in 1971 in Boulder, CO. Since her death in 1979 at the age of 83, The Rolf Institute of Structural Integration has continued to share her work by certifying Rolfers® and Rolf Movement® Practitioners, supporting research, and building upon her inspiration. Today, there are more than 2,200 Certified Rolfers and Rolf Movement® Practitioners in practice worldwide.

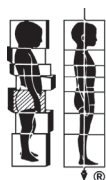
In 2018, The Rolf Institute of Structural Integration main campus in Boulder, Colorado changed its name to the Dr. Ida Rolf Institute.

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RolfInstitute®

of structural integration

The Rolf Institute® of Structural Integration

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The Rolf Institute® of Structural Integration

Rolfing® Structural Integration is a process of assessing and transforming the structure and movement of the human body. Following Dr. Rolf's methodical Ten-Series process, Rolfers® use skillful hands-on techniques and Rolf Movement® exercises to systematically reorganize the connective tissues, called fascia, throughout the entire body. Rolfing SI has the potential to make long-lasting structural changes to the body, while aiding in injury recovery, relieving pain and stress, increasing body awareness, and improving balance and flexibility.

The vision of The Rolf Institute of Structural Integration is to bring the benefits of Rolfing SI to the world. This is accomplished through our mission to:

- select, train, and certify qualified and competent practitioners through our widely-recognized certification programs in Rolfing Structural Integration and Rolf Movement Integration,
- provide continuing education programs for practitioners,
- underwrite and promote research of Rolfing Structural Integration,
- and educate the public concerning the principles of structural integration and the useful and beneficial nature of Rolfing Structural Integration.

Established in 1971, The Rolf Institute of Structural Integration is a nonprofit corporation, organized and existing under the laws of California and Colorado. Recognized by the U.S. Government as a tax-exempt, educational and scientific research organization, The Rolf Institute of Structural Integration is headquartered in Boulder, Colorado, and periodically sponsors programs in other locations.

The Rolf Institute of Structural Integration has three international licensees that independently offer programs compatible with those sponsored by The Rolf Institute of Structural Integration in the U.S. These are the European Rolfing Association e.V. in München, Germany, the Associacao Brasileira de Rolistas in São Paulo, Brazil, and the Japanese Rolfing Association in Tokyo, Japan.

The Rolf Institute does not discriminate on the basis of race, color, creed, national origin, religion, sex, gender, age, disability or veteran status in admissions or in its educational program or activities.

In 1979, the United States Patent Office granted service mark rights for the word "Rolfing" to The Rolf Institute of Structural Integration, distinguishing Rolfing Structural Integration from all other forms of structural integration. The Rolf Institute of Structural Integration is the sole owner of the trademark "Rolfing," the brand and all its derivatives.

State Approvals

The Rolf Institute is Approved and Regulated by the Colorado Department of Higher Education, Private Occupational School Board, Division of Private Occupational Schools (DPOS), 1600 Broadway, Suite 2200, Denver, Colorado 80202, Phone: 303-862-3001, Fax: 303-996-1330.

The Rolf Institute Atlanta, Georgia campus is Approved and Regulated by the Georgia Nonpublic Postsecondary Education Commission (GNPEC), 2082 East Exchange Place, Suite 220, Tucker, Georgia 30084, Phone: 770-414-3300. Fax: 770-414-3309

Commission on Massage Therapy Accreditation (COMTA)

The Rolf Institute of Structural Integration is accredited by The Commission on Massage Therapy Accreditation. In order to graduate from an accredited program, students must attend all three phases of training in the Rolfing Certification Program at the Rolf Institute in Boulder, Colorado. Regional and International programs are not accredited by COMTA.

The Commission on Massage Therapy Accreditation (COMTA), 5335 Wisconsin Avenue, NW, Suite 440, Washington, D.C. 20015, Phone: 202-895-1518, Fax: 202-895-1519, Email: info@comta.org.

The Rolf Institutes of Structural Integration, collectively, are the only schools worldwide that educate and certify Rolfers and Rolf Movement Practitioners. Only graduates who maintain their affiliation in good standing with The Rolf Institute of Structural Integration are allowed to refer to themselves as Certified Rolfers and Rolf Movement Practitioners. Certified Rolfers are the only professionals who provide Rolfing SI to the public.

The Rolf Institute of Structural Integration's educational standards for Rolfers are reflected in its Code of Ethics, Standards of Practice, and continuing education programs.

Rolfing® Structural and Movement Integration

More than fifty years ago, Dr. Ida P. Rolf recognized that the body is inherently a system of seamless networks of tissues rather than a collection of separate parts. These connective tissues, called fascia, surround, support and penetrate all of the muscles, bones, nerves and organs. Rolfing Structural Integration works on this web-like complex of connective tissues to release, realign and balance the whole body.

The Rolf Institute® of Structural Integration has continued Dr. Rolf's profound revelation on how to enhance the whole person by organizing the body in gravity. Some of the more important developments of the work since Dr. Rolf's passing are also what distinguishes Rolfing Structural Integration from all other forms of structural integration.

Rolfing Structural Integration

The hallmark of Rolfing Structural Integration is a standardized "recipe" known as the Ten-Series, the goal of which is to systematically balance and optimize both the structure (shape) and function (movement) of the entire body over the course of ten Rolfing sessions.

Each session focuses on freeing restrictions or holdings trapped in a particular region of the body. A practitioner also maintains a

holistic view of the client's entire system during each session, thus ensuring the transformational process evolves in a comfortable and harmonious way.

Rolf Movement® Integration

Rolf Movement Integration uses a somatic sensory-motor approach to help clients optimize and sustain structural ease through balanced movement behavior. A Rolf Movement practitioner helps the client become aware of current perceptual and movement responses. The client learns to embody the qualities of efficient and graceful movement during more complex activities in work or leisure environments. By perpetuating balanced body use, the client fully embodies the Rolfing experience.

Rolfing SI and Research

Rolfing Structural Integration has been the subject of research in areas including low-back pain, fibromyalgia and Cerebral Palsy. Research projects have been supported by major universities, including Harvard University, the Stanford University School of Medicine, the University of São Paulo, UCLA and the University of Maryland. The Rolf Institute is also a sponsor of the Fascia Research Congress. For more information on research on Rolfing SI, visit www.rolf.org.

The Rolf Institute® Community Client Clinic

Certified Rolfer® training at The Rolf Institute of Structural Integration comes to life in The Rolf Institute of Structural Integration's Community Client Clinic.

Student participation in The Rolf Institute of Structural Integration's Community Client Clinic is an integral part of Rolfing training. Every student, under instructor supervision, has real-world hands-on experience working on and with clients from different walks of life. These clients come to the Clinic with diverse needs and expectations. Some have received Rolfing SI before, while for others Rolfing SI is a completely new experience.

Students develop professional skills in supervised clinical practice sessions during the certification process. Entry-level students begin by learning and practicing *Skillful Touch*, the Rolf Institute's own form of clinical practice bodywork during Foundations of Rolfing Structural Integration. Students give sessions to two clients under the supervision of an instructor.



Students in Embodiment of Rolfing SI and Rolf Movement Integration learn to give and receive the Ten-Series with a student partner, and observe faculty demonstrations with a Clinic client model.

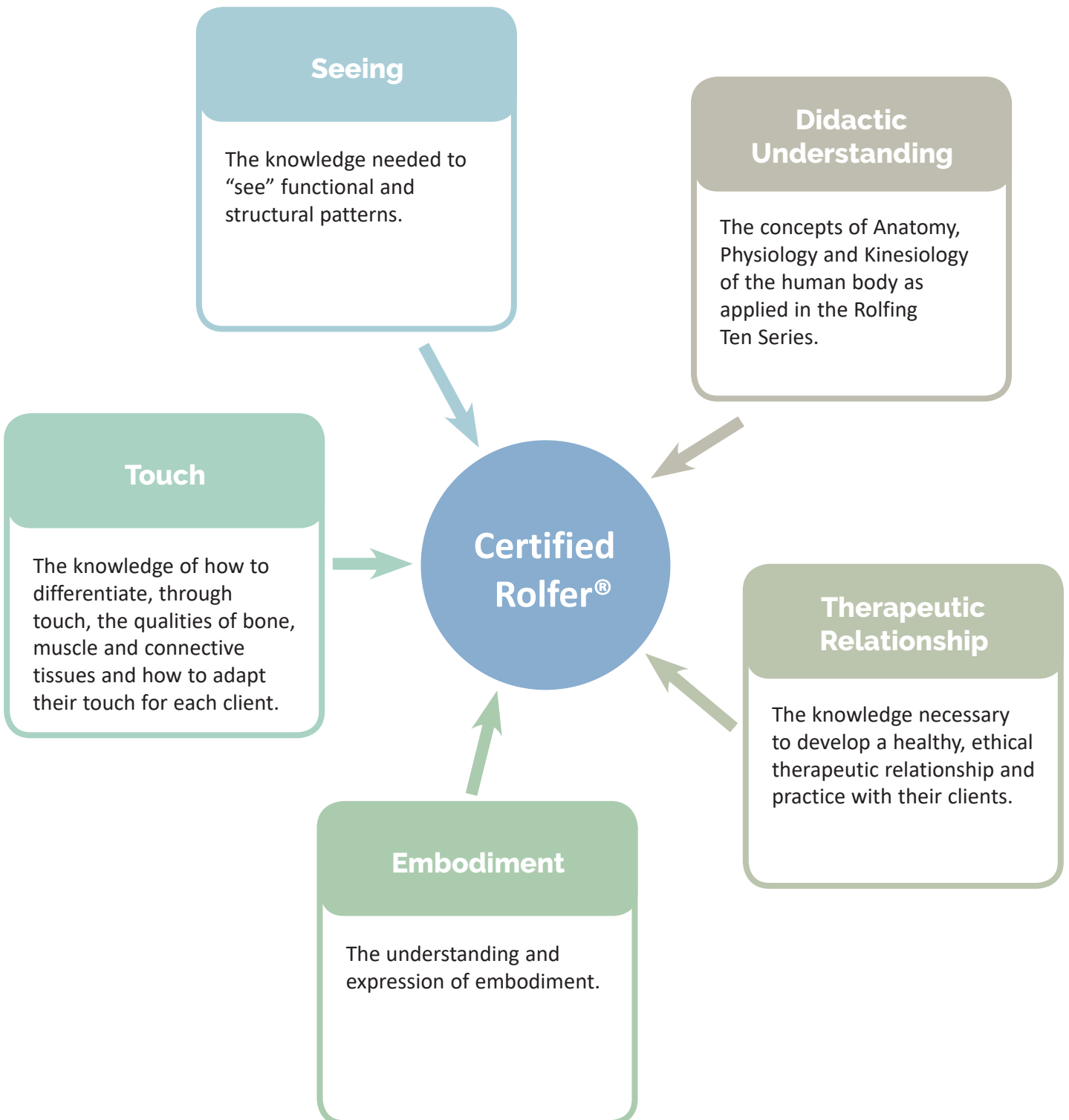
Clinical Application of Rolfing Theory is dedicated to clinical practice and review. Students focus on the refinement of professional skills acquired in prior phases by giving the Ten-Series and three Rolf Movement Integration sessions to two clients under faculty supervision.

In addition to the teaching and learning benefits for students and faculty, The Rolf Institute of Structural Integration's Community Client Clinic is a service to local-area residents and an integral part of The Rolf Institute of Structural Integration's underlying mission to bring the benefits of Rolfing Structural Integration to the world.

For more information, and/or to sign up as a clinic client on the Atlanta campus, contact Libby Eason at 404-315-0099.

School-Wide Learning Outcomes

All of the certification programs at the Rolf Institute focus on five areas of knowledge and skills, or school-wide learning outcomes, including the following: Seeing, Touch, Embodiment, Therapeutic Relationship, and Didactic Understanding. Students must demonstrate that they understand the concepts and are able to do the skills tied to these outcomes in order to complete their program. The Rolf Institute Assessment Rubrics for each certification program outline the specific knowledge and skills for each of the five school wide learning outcomes. These rubrics are the basis for assessing student success in their program.



Rolfing® Certification Program Overview

The Rolf Institute® of Structural Integration Offers Two Regional Training Options

Full class descriptions can be found beginning on page 11.

Regional Rolfing Certification Program: For the Professional Bodyworker

Offered in Atlanta, GA

600-hour Certificate Program

2023 Tuition cost is \$20,121 plus fees

Format: 1-2 Years Modular

Designed for career professionals who are licensed or have extensive training in complementary therapies, this training program allows established practitioners to expand their practice while learning about leading-edge research on the fascial system and how it affects the structure and movement of the body.

Students learn the skills required to recognize simple structural patterns, to see structure in relation to gravity, and to develop a working knowledge of the basics of Rolfing Structural Integration and Rolf Movement® Integration principles and theories. In the final modules, students work on actual clients under instructor supervision.

The Rolfing Certification Program offered at the main campus in Boulder, CO is accredited through COMTA. Trainings offered outside of the main campus are not included and are NOT ELIGIBLE for federal student aid.

Regional Rolfing Certification Program + Rolf Movement Certification:

For the Professional Bodyworker

Trainings offered Internationally and throughout the U.S.

***Not offered to Atlanta, GA students.**

600-hour Certificate Program + 30 days of Rolf Movement

Maximum tuition cost is \$26,775 plus fees

Format: 1-2 Years Modular + 30 days which vary by workshop

Designed for career professionals who are licensed or have extensive training in complementary therapies, this training program allows established practitioners to expand their practice while learning about leading-edge research on the fascial system and how it affects the structure and movement of the body.

Students learn the skills required to recognize simple structural patterns, to see structure in relation to gravity, and to develop a working knowledge of the basics of Rolfing Structural Integration and Rolf Movement® Integration principles and theories. In the final modules, students work on actual clients under instructor supervision.

In addition to the Regional Rolfing Training, students can enroll in the Rolf Movement Certification Program, which consists of thirty days of additional training, to become a Rolf Movement Practitioner. Students may also elect to attend various Rolf Movement workshops to complete their thirty days of training.

Upon successful completion and payment of all tuition and fees, students have completed The Rolf Institute's Regional Rolfing Certification Program and Rolf Movement Certification.

The Rolfing Certification Program offered at the main campus in Boulder, CO is accredited through COMTA. Trainings offered outside of the main campus are not included and are NOT ELIGIBLE for federal student aid.

Time to Completion

The Regional Training takes 1-2 years to complete. Adding Rolf Movement Certification requires an additional 30 days of training.

Costs

Tuition costs \$20,121 to \$26,775 plus mandatory student fees. Tuition fees do not include the cost of books, which range from \$250 to \$500 for the entire program. Tuition fees do not include housing. For up-to-date information on tuition and fees, please check the website, www.rolf.org.

Note: Tuition rates are subject to change. Title IV Federal Financial Aid is only available for the Rolfing Training Program in Boulder, CO to those who qualify.

Rolfing® Certification Program Overview

Rolf Movement® Integration Certification

Trainings offered Internationally and throughout the U.S.

***Not offered at the Atlanta, GA campus.**

225-hour Certificate Program- Intensive Program

Tuition cost is \$2,218 per 10-day module or \$1,109 per 5-day module, plus fees

Format: Three 10-day, 75-hour intensive modules

OR

Six 5-day, 37.5-hour intensive modules

30-day, 225-hour Certificate Program

Tuition varies paid per workshop plus fees

Format: Varies by workshop

The U.S. Rolf Movement Certification Program is offered in two different formats- Intensive and Workshop. To receive Rolf Movement Certification, a student is required to either:

- Intensive Format: take all three sequential RMI 10-day intensive modules, **OR**
- Workshop Format: take a minimum of 30 Rolf Movement credits/class days through Rolf Movement workshops, three days of which can be an independent study project or mentorship. The recommended time for completion is six years.

The intensive modules are taught in Boulder, CO. Workshops are taught in different regions of the country. Intensive training is offered in Boulder, CO. Workshops are taught in different regions of the country.

Continuing Education

Training offered in the U.S.

Cost varies per workshop plus fees

Format: Varies by workshop

The Rolf Institute is committed to developing academic growth and therapeutic skill in all of its graduates. Certified Rolfers may take workshops in specific manipulative techniques, and/or explore other related subjects such as Craniosacral Therapy and Visceral Manipulation.

Once certified as Rolfers, graduates agree to attend a minimum of 18 days of approved continuing education over a period of three to seven years in preparation for Advanced Rolfer Training. If certified as a Rolf Movement® Practitioner, Rolfers have up to nine years to complete CE Credits and participate in the Advanced Training. The continuing education requirement is one of the many ways in which The Rolf Institute upholds its standards and demonstrates them to the community.

These programs are NOT included in COMTA accreditation and are NOT ELIGIBLE for federal student aid.

Advanced Rolfing Certification Program

Trainings offered Internationally and throughout the U.S.

***Not offered at the Atlanta, GA campus.**

168-hour Certificate Program

***Requires 18 days/ 135 hours of Continuing Education prior to enrolling.**

2023 Tuition cost is \$7,352 plus fees

Format: Varies by training

Certified Advanced Rolfers have completed an additional course of study beyond the basic level that deepens the practitioner's understanding of the theoretical and practical application of Rolfing Structural Integration.

Members are required to take the Advanced Training three to seven years after their initial certification. If a Rolfer elects to complete their Rolf Movement Certification, then the time is extended to nine years.

These requirements are in keeping with signed agreements that members have with the Rolf Institute.

Advanced Training is a course which is offered in various locations and formats. The Advanced Training is designed to help members develop and deepen their understanding and effectiveness as a Rolfer. It is also a context in which they can explore the latest developments in our work.

The major goals of the Advanced Training are to allow Rolfers to design their sessions for the individual and immediate needs of the client without having to resort to a recipe at any level and to allow them to be more effective with less effort. In order to accomplish these goals, the instructors will be exploring the following:

- A principle-centered decision making process that takes the place of all formulaic recipes (basic and advanced).
- A systematic approach to mobilizing all the major joints of the body (so that correcting local dysfunctions becomes seamlessly integrated into the holistic approach of Rolfing SI).
- An exploration of the viscera and the internal cavities of the body, their contents, pressures and pulls.
- A more comprehensive approach to evaluating the whole person based on our developing structural, geometrical, functional, worldview, and energetic taxonomies.
- A way of developing a more gentle and precise sense of touch that integrates direct/indirect and energetic techniques.
- How to accurately sense from a distance.
- The therapeutic environment and its importance in the context of Rolfing SI.
- How to cultivate the delicate and yet profound state from which effective and grace-full Rolfing occurs.

Trainings offered outside of the main campus in Boulder, CO are not included in COMTA accreditation and are NOT ELIGIBLE for federal student aid.

The Rolf Institute® Atlanta Campus



The Rolf Institute of Structural Integration's main campus is located in Boulder, Colorado.

The Rolf Institute Atlanta Campus is located in NE Atlanta, near I-85 and Clairmont Road, at 1786 Century Blvd., NE, Suite C, Atlanta, GA 30345. The Atlanta area is comprised of 15 counties, and about 5 million residents.

A great variety of activities are within easy distance. Check out local hiking trails:

<https://www.atlantatrails.com/atlanta-hiking-trails/>

Other fun outdoor activities:

<https://www.atlanta.net/50fun/outdoors/>

And arts and culture:

<https://www.atlanta.net/50fun/arts-culture/>

Another wonderful feature of the Atlanta area is the multitude of small towns and neighborhoods. The City of Decatur is near the Atlanta Campus, and features lively and interesting shopping, nightlife, local music, art, and more. <http://www.decaturga.com/>

Office hours are (EST):

9:00 a.m. – 5:00 p.m., Monday – Thursday

9:00 a.m. – 4:00 p.m., Friday

Academic Calendar – Atlanta Campus

Please check the schedule as posted on class.rolf.org or contact the Education Department for current class schedules.

Administrative holidays and the academic schedule do not always coincide. Due to the intensive nature of the training, classes may be in session during hours and days when the administrative offices are closed. Schedules for specific classes may also differ from the dates and times listed in the schedule. Instructors will distribute the class schedule to students.

Administrative and Academic Calendar

The Rolf Institute's Main Administrative Offices in Boulder, CO are closed on the following dates. Holidays and dates when classes are in session are indicated.

Administrative Holidays

Martin Luther King Day (January)

Memorial Day (May)

July 4 (Independence Day)

Labor Day (September)

Thanksgiving + Friday after (November)

Winter Break (last week of December and first week of January)

Class Holidays

Classes in Session

Classes in Session

Classes in Session

Classes in Session

No classes Thanksgiving week

School Closed

Becoming a Rolfer® at a Glance

Regional Roling® Certification Program for the Professional Bodyworker and

Regional Roling® Certification Program + Rolf Movement Certification (*Not available to Atlanta, GA students)

These programs are NOT included in COMTA accreditation and are NOT ELIGIBLE for federal student aid.

Before You Apply, You Need

- A High School diploma or recognized equivalent.
- One of the following:
 - a. An official academic transcript, equivalent to an AA degree or occupational certificate, showing at least 60 credit hours at an institution of adult or higher education.
 - OR
 - b. Documentation of a minimum of four years of equivalent career experiences and professional accomplishment.
- A federal- or state-issued ID and passport-sized solo headshot photograph (for identification purposes).
- A resume of professional experience.
- Three professional reference letters (1-2 pages maximum length).
- Completion of a minimum 250-hour bodywork program. Students must submit an official transcript that shows at least 47 hours of Anatomy, 21 hours of Physiology, 45 hours of Massage or other approved touch training, and 15 hours of Therapeutic Relationship.
- 50 documented hours of post-graduate massage practice experience or comparable clinical experience.

Admission Requirements

- Non-refundable \$50 Enrollment Application fee. (Fee will be refunded if student is not admitted or has not signed an enrollment agreement.)
- Verification of having received a complete Roling Ten-Series from a Certified Rolfer. RISI reserves the right to require a physician's release for any student.
- Approval of an application and required enrollment forms.
- A written 2-3 page personal life experience essay.
- \$300 deposit for class registration.

Written assignments are due 4 weeks before training begins.

Regional Roling Certification Program

600 hours

Offered in Atlanta, GA

1-2 years Modular

\$20,121 + fees • A \$300 deposit is required to register for the program.

**YOU'RE A
CERTIFIED ROLFER® ***

Regional Roling Certification Program + Rolf Movement Certification

***Not available to Atlanta, GA students**

600 hours + 30 days Rolf Movement® Certification

Offered Regionally

1-2 years Modular

Max Tuition \$26,775 plus fees • Deposit \$300 for the Regional Roling Program

* Tuition for Rolf Movement Certification varies by location

**YOU'RE A
CERTIFIED ROLFER® *
&
ROLF MOVEMENT®
PRACTITIONER! ***

After Graduation

RISI MEMBERSHIP

*The use of service marks requires Rolf Institute membership.

Upon completion of training, graduates can 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 Roling Certification.

Rolf Movement Integration Certification

Three 10-day intensive modules or Six 5-day intensive modules \$6,654 + fees OR

30-day intensive training. Varies + fees

Focuses on various aspects of a unified movement theory

**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. \$7,352 + fees.

**YOU'RE A CERTIFIED
ADVANCED ROLFER® ***

Regional Rolwing® Certification Program

Cost & Location

600 hours

Taught in Atlanta, GA

1-2 years Modular for professional bodyworkers

2023 Tuition \$20,121 • Deposit \$300

Additional Fees

1. Mandatory Student Fees include exams and supplies.
2. Life Sciences Exam re-testing fee is \$75.
3. Tuition fees do not include the cost of books, which range from \$250 to \$500 for the entire program.
4. Tuition fees do not include housing.

Note: This program is NOT included in COMTA accreditation and is NOT ELIGIBLE for federal student aid.

To Apply, You Need

- A High School diploma or recognized equivalent.
- One of the following:
 - a. An official academic transcript, equivalent to an AA degree or occupational certificate, showing at least 60 credit hours at an institution of adult or higher education.
 - OR
 - b. Documentation of a minimum of four years of equivalent career experiences and professional accomplishment.
- A federal- or state-issued ID and passport-sized solo headshot photograph (for identification purposes).
- A resume of professional experience.
- Three professional reference letters (1-2 pages maximum length).
- Completion of a minimum 250-hour bodywork program. Students must submit an official transcript that shows at least 47 hours of Anatomy, 21 hours of Physiology, 45 hours of Massage or other approved touch training, and 15 hours of Therapeutic Relationship.
- 50 documented hours of post-graduate massage practice experience or comparable clinical experience.

Admission Requirements

- Non-refundable \$50 Enrollment Application fee. (Fee will be refunded if student is not admitted or has not signed an enrollment agreement.)
- Verification of having received a complete Rolwing Ten-Series from a Certified Rolfer. RISI reserves the right to require a physician's release for any student.
- Approval of an application and required enrollment forms.
- A written 2-3 page personal life experience essay.

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, at least 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.

Please Note: An interview may be required to complete some applications.

Program Description

Designed for career professionals who are licensed or have extensive training in complementary therapies, this training program allows established practitioners to expand their practice while learning about leading-edge research on the fascial system and how it affects the structure and movement of the body. An informative review of Anatomy, Physiology and Kinesiology is included in preparation for The Rolwing Institute of Structural Integration's Life Sciences Exam.

Students learn the skills required to recognize simple structural patterns, to see structure in relation to gravity, and to develop a working knowledge of the basics of Rolwing Structural Integration and Rolwing Movement® Integration principles and theories. Training then focuses on each student's personal embodiment and understanding of the Principles of Rolwing SI as they are experienced in Rolwing Movement Integration.

The next weeks of instruction provide the student with the skills to recognize simple structural patterns in the body's form and in its function, to see structure in relation to gravity, and to achieve a working knowledge of the basic principles and theories of Rolwing SI and Rolwing Movement Integration. In the final weeks, students work on actual clients under instructor supervision.

Format and Methods

This program is taught in-person through modules which vary per offering. Please check the online calendar for the dates of each individual training.



Phase I: Accelerated Foundations of Roling Structural Integration

87 hours

This class consists of 87 hours and is taught in-person.

Accelerated Foundations of Roling Structural Integration is a required course for entry into Embodiment of Roling SI and Rolf Movement Integration.

This accelerated class is designed for trained professional massage therapists. It will refine essential skills and develop new ones required for the Roling Training. Students study Anatomy, Kinesiology and Physiology from the distinct perspective of Roling SI.

Through lectures, demonstrations, experiential exercises and supervised practice, students learn new key concepts related to the mastery of the principles and procedures they will learn in Embodiment of Roling SI and Rolf Movement Integration. Students are introduced to Rolf Movement Integration and trained in Skillful Touch, The Rolf Institute of Structural Integration's proprietary clinical practice form. An informative review of Anatomy, Physiology and Kinesiology is included in preparation for The Rolf Institute of Structural Integration's Life Sciences Exam, required for entry into The Embodiment of Roling SI and Rolf Movement Integration.

There is no mandatory study interval between Accelerated Foundations of Roling® Structural Integration and Embodiment of Roling SI and Rolf Movement Integration.

After successful completion of Phase I and all other requirements, including passing the Life Sciences exam, students may begin Phase II.

Objectives

Students will develop:

- A basic knowledge of the science, history and development of Roling Structural Integration and of Dr. Rolf.
- An understanding of the Anatomy, Physiology and Kinesiology necessary to communicate a basic understanding of the body structure and function.
- The ability to identify anatomical

structures and their relationship to each other including an understanding of joint range of motion.

- The ability to differentiate, through touch, the qualities of bone, muscle and connective tissues in the body, as well as a sense of myofascial layers, "layer of availability" of the tissues, the quality of responsiveness of the connective tissue to their intervention, and how to adapt their touch in response to the particular qualities of each client.
- The ability to intervene in a way that recognizes and addresses the primary needs of the client.
- The ability to evaluate the progression of their intervention.
- An understanding of the differences between a therapeutic and a personal relationship and how to behave appropriately in the context of the therapeutic relationship based on ethics and other professional considerations.
- The personal skills to learn Skillful Touch and Roling® SI.
- The ability to perform a balanced 75-minute Skillful Touch session.
- The ability to create safety in the therapeutic environment by identifying and demonstrating appropriate boundaries.
- The ability to use their bodies efficiently when performing a Skillful Touch session.
- An ability to maintain a similar level of awareness of their own and their client's body as they perform a Skillful Touch session.
- The awareness to acknowledge and take responsibility for their emotional response in the therapeutic environment while maintaining their client's autonomy.
- The ability to be able to evoke client participation in the context of the session.
- A basic understanding of the principles and philosophy supporting the practice of Roling Structural Integration.
- The ability to manifest, in their own bodies, a higher level of structural integration in order to express movement in all planes of motion in an economical, palintonic and contralaterally balanced manner as pursued through Rolf Movement® Integration.
- The capacity to understand, experience, and recognize their patterns of response, connection and disconnection through a diversity of modes of perception and their implications for communication.

Format & Methods

Faculty:Student ratio is limited to 1:10.

Accelerated Foundations of Roling Structural Integration offers an integrated and innovative approach to learning about the human body. Taught through well illustrated lectures, experiential exercises and guided palpation, classes are designed to provide the optimal learning experience.

The Rolf Institute® of Structural Integration instructors emphasize individual learning by providing each student with support for his/her specific learning needs. Students study the foundation subjects, as well as develop skills and knowledge in perceptual acuity, efficient body use, and quality of touch.

Please Note: Roling Structural Integration is not taught in Accelerated Foundations of Roling Structural Integration. Completion of Accelerated Foundations of Roling Structural Integration does not entitle the student to use the terms "Roling" or "Rolf."

Phase II: Embodiment of Roling SI & Rolf Movement® Integration

244 hours

This class consists of 244 hours and is taught in-person.

Students learn the skills required to recognize simple structural patterns, to see structure in relation to gravity, and to develop a working knowledge of the basics of Roling Structural Integration and Rolf Movement principles and theories.

The first week of Phase II focuses on each student's personal embodiment and understanding of the Principles of Roling SI as they are experienced in Rolf Movement Integration. The next seven weeks of instruction provide the student with the skills to recognize simple structural patterns in the body's form and in its function, to see structure in relation to gravity, and to achieve a working knowledge of the basic principles and theories of Roling SI and Rolf Movement Integration.

After successful completion of Phase II and all other requirements, students may begin Phase III.

Objectives

Students will be introduced to:

- The foundational paradigms and principles of Rolwing® Structural Integration and Rolf Movement® Integration through movement and embodiment explorations.
- A beginning level of understanding of the dimensions of the training: theoretical, practical, and exploratory.
- A different paradigm of learning, where it is understood at the cognitive level but also experienced and somatically enhanced.
- The differences between a process oriented therapy and a goal oriented therapy.
- The importance of creating a safe learning environment facilitated through the cultivation of the coming together of class members in a mature and relational manner.
- Their own movement patterns and embodiment.
- How to evaluate their ability to work with a quality of "touch" using both physical contact and language intervention.
- The ability to identify the various bodily systems through touch, including the differentiation of muscles, bone, nerves, organs and fascia and an understanding of proper function vs. dysfunction, as applicable to Rolwing Structural Integration.

Format & Methods

Faculty:Student ratio is limited to 1:10.

During this phase of their training, students both give and receive a Rolwing® Ten-Series and three Rolf Movement® sessions. Lectures, demonstrations and clinical applications will provide students with a broadened perspective on the Rolwing experience.

Students will integrate structural and functional approaches to Rolwing SI, learning how to determine when each kind of session is appropriate. The subjects of fascial anatomy, efficient body use, client/practitioner communication, and structural analysis are critical to this phase of the program.

As the format of Phase II is an intensive, experiential environment involving immersion in the process of Rolwing Structural Integration and Rolf Movement Integration, students are put in touch with mental,

physical and emotional states which may be challenging. However, the class is designed to provide a safe container for students to learn all aspects of Rolwing Structural Integration and Rolf Movement Integration. This includes learning to manage their own emotions, while attending to the needs of their classmate client.

Most class days include lecture, with one to two days each week devoted to supervised sessions. A good deal of class time is devoted to pattern recognition. Students will observe one another and instructor models in order to facilitate perceptual skills. Learning to identify structural and functional patterns and effectively addressing them in the context of Rolwing Structural Integration and Rolf Movement Integration is a strong focus. Another significant part of learning the sessions is the experience of receiving the work from a classmate. Students are uniquely qualified to give feedback to their classmate/practitioner, facilitating learning for both.

Students are encouraged to bring a spirit of exploration and open-mindedness to the Phase II class. They will discover much about the Rolwing process, and about themselves, during this course. They will also forge lifetime associations with classmates and future colleagues as they prepare for the completion of their basic training, the clinical phase, in Phase III.

It is strongly recommended that students receive mentoring between Phase II and Phase III regarding touch, seeing, understanding and applying the Ten-Series.

Phase III: Clinical Application of Rolwing Theory

269 hours

This class consists of 269 hours and is taught in-person.

In this class students work on actual clients from the community under instructor supervision. Upon successful completion of Phase III, students have completed The Rolf Institute® of Structural Integration's Regional Rolwing Certification Program.

Objectives

Students will gain:

- An understanding of the theoretical/practical basis of Rolwing Structural Integration and Rolf Movement Integration.
- A deepened understanding of how a pattern – structural and functional – develops, as well as the ability to explore these patterns from different perspectives.
- The opportunity to utilize the paradigms and principles of Rolwing® Structural Integration and Rolf Movement® Integration through clinical practice with clients from the community.
- The ability, with instructor assistance, to elicit the goals of Rolwing SI as a practitioner through the performance of a series of sessions with a client under instructor supervision.
- The ability to learn how to refine the application of Rolwing clinical work under instructor supervision.
- A demonstrated capability to take responsibility for their actions and accept and integrate feedback from instructors and other students.
- The experience of participation in a class environment that requires cooperation by all students and instructors to establish the class rules and expectations for the group and for creating a safe space and environment for learning.
- The ability to conduct a complete Rolwing Ten-Series and Rolf Movement sessions.
- The ability to identify any contraindications or pathologies within the various bodily systems as applicable to Rolwing Structural Integration when working on actual clients from a diverse population.

Format & Methods

Faculty:Student ratio is limited to 1:10.

During Phase III students apply the knowledge and techniques learned in Phase I and Phase II to clinical and practical situations. Each student will perform the Rolwing Ten-Series on two clients from the community, in the classroom, under instructor supervision. In addition, students will give Post-10 and Rolf Movement Integration sessions to Community Client Clinic clients, further preparing them for the diverse needs of a "real world" clientele.

Ongoing attention will be given to students developing efficient body-use and self-

care while working, as well as improving client-practitioner relationship skills, quality of touch, and body-reading. Professional ethics, business and practice building skills are also taught in this class, along with public education practices, which help prepare students to develop independent Rolwing practices.

Phase III is the clinical phase of training. Students will deepen their understanding of the Ten-Series and Rolf Movement sessions by practicing under instructor supervision on various clients. The educational focus shifts from the student's personal process and experience (taught in Phase II) to the client's process as they experience Rolwing Structural Integration and Rolf Movement sessions. Students will learn to assess and strategize using the principles of Rolwing SI, while developing various skills required for attending to clients, including attention to seeing, discussion, touch and technique. Therapeutic relationship will be a large part of the learning process as well. By the end of the final week, students should be able to perform the Ten-Series and basic Rolf Movement sessions competently with confidence.

This class consists of lectures, demos and practicums designed to deepen the understanding and ability to perform each session according to the individual client's needs.

Those who have met the requirements for Satisfactory Academic Progress for the entire program will receive a certificate of completion upon graduation. The following requirements must be completed prior to graduation in order to receive a certificate:

1. Completion of all coursework with a passing grade.
2. Payment in full of all tuition and fees.
3. Pass the Rolwing SI Program Assessment.

A graduation ceremony is held for students who have completed the program.

Clinical Work with the Community Client Clinic

Students in Phase III perform Rolwing Structural Integration and Rolf Movement® Integration on two Community Client Clinic clients. Working under instructor supervision, students are challenged to put into practice all that they have learned in the training. Students develop relationships with their clients, assess their clients' actual and perceived needs, and create and execute personal treatment plans.

Students report that the individualized attention they receive from instructors in the Clinic, plus the "real-world" nature of this client contact, is often the high-point of their Rolwing training at the Dr. Ida Rolf Institute and is essential in preparing them to be successful, professional Certified Rolwers.

Must must maintain Satisfactory Academic Progress as they progress through the program.

Please Note: Students who graduate from the Dr. Ida Rolf Institute's Rolwing Program receive a certificate. By affiliating with Membership Services you become a Certified Rolwer.

Rolf Institute Membership

Upon certification as a Rolwer, graduates are eligible to become a member of The Dr. Ida Rolf Institute. By doing so, they are licensed to use the service marks – including use of the terms Rolwing, Rolwer, Rolf Movement® and the Little Boy Logo – and their derivatives which are owned by The Dr. Ida Rolf Institute.

Additional benefits of membership include access to the membership section of Dr. Ida Rolf Institute website, a subscription to Structure, Function, Integration: Journal of the Dr. Ida Rolf Institute, discounts on educational programs, group insurance opportunities (available to US members only), an optional listing on the DIRI website and more.

Adherence to the Code of Ethics and Standards of Practice is a requirement of affiliation. Additional rights and obligations of membership are specified in the Membership Master Agreement. A membership in good standing must be maintained for these privileges to continue.

Final Program Assessment for Graduation

All students who complete the program will be required to take the DIRI Certification Assessment at the end of the third phase. The Certification Assessment consists of a twenty minute interview with a panel of faculty members and a forty-minute table demonstration.

Overview of Learning Outcomes

The Rolwing Structural Integration Rubric lays out what students must know and be able to do in content standards. It also defines the performance standards for how well the student must know or be able to do the outcomes. Students are encouraged to use the Assessment Rubric for self assessment in each phase of the course, and as a "study guide" as they master the material and skill required.

Five competency areas are covered in the DIRI Basic Certification Rubric and serve as the basis for the assessment interview and the demonstration portions of the final certification assessment:

1. Didactic
2. Touch
3. Seeing
4. Embodiment
5. Therapeutic Relationships

Didactic Knowledge

Students are expected to know the content knowledge in life sciences, and Rolwing® SI and Movement concepts that enables them to make sound judgments and articulating their reasoning to clients while doing the work.

Touch

Students are expected to understand and be able to do the full spectrum of touch, including direct and indirect touch strategies.

Seeing

Students are expected to understand and be able to use a variety of models of "seeing" to complete body readings of their clients and to draw conclusions about how to conduct a session and how to evaluate the results of that session.

Embodiment

Students are expected to develop an understanding and language of embodiment and to exemplify embodiment in their presence and interactions with each other and with the client.

Therapeutic Relationships

Students are expected to understand the dynamics of a therapeutic relationships-- including limits expressed in the DIRI code of ethics-- and the skills needed to create an appropriate and safe container for their work with clients.



Seeing



Touch



Embodiment



Therapeutic
Relationship



Didactic

Certification Assessment Process

Interview Process

Students will be interviewed by a panel of three faculty members. Questions will cover the learning outcomes listed in the Assessment rubric below. Interview questions are designed to allow students to share what they understand along a continuum from "recall" of specific facts to "analyzing" the relationships between concepts. The goal during the interview process is to allow the student to demonstrate 'higher ordered thinking' in discussing key ideas in Roling Structural Integration and Movement. The interviews will be scheduled ahead of time, and will take twenty minutes to complete.

Demonstration Process

Students will exchange a forty minute session with one of their peers, including completing a body reading. During the demonstrations, students will choose a specific session based on the body reading and will use a variety of types of touch. Students are expected to exhibit appropriate "therapeutic relationships" in their interactions with their peer client. Faculty members may or may not ask questions during the session, but typically the focus during this part of the session is the student's skill in manipulation and body reading work.

To learn more about the performance standards or the level of critical thinking and level of psycho-motor skills that are required of students see Bloom's Taxonomy. Bloom's Taxonomy is a developmental model for learning that explains how students move from beginning learners (level one knowledge and skills) to proficient learners (level three knowledge and skills.)

Regional Rolwing® Certification Program + Rolf Movement® Certification (not available to Atlanta, GA students)

Cost & Location

600 hours + 30 days Rolf Movement®
Training

Taught Internationally and throughout the
U.S.

****not available to Atlanta, GA students**

1-2 years Modular for professional
bodyworkers

Max Tuition \$26,775 plus fees • Deposit
\$300 for the Regional Rolwing Program

* Tuition for Rolf Movement Certification
varies by location

Additional Fees

1. Mandatory Student Fees include exams and supplies.
2. Life Sciences Exam re-testing fee is \$75.
3. Tuition fees do not include the cost of books, which range from \$250 to \$500 for the entire program.
4. Tuition fees do not include housing.

Note: This program is NOT included in COMTA accreditation and is NOT ELIGIBLE for federal student aid.

To Apply, You Need

- A High School diploma or recognized equivalent.
- One of the following:
 - a. An official academic transcript, equivalent to an AA degree or occupational certificate, showing at least 60 credit hours at an institution

of adult or higher education.

OR

- b. Documentation of a minimum of four years of equivalent career experiences and professional accomplishment.
- A federal- or state-issued ID and passport-sized solo headshot photograph (for identification purposes).
 - A resume of professional experience.
 - Three professional reference letters (1-2 pages maximum length).
 - Completion of a minimum 250-hour bodywork program. Students must submit an official transcript that shows at least 47 hours of Anatomy, 21 hours of Physiology, 45 hours of Massage or other approved touch training, and 15 hours of Therapeutic Relationship.
 - 50 documented hours of post-graduate massage practice experience or comparable clinical experience.

Admission Requirements

- Non-refundable \$50 Enrollment Application fee. (Fee will be refunded if student is not admitted or has not signed an enrollment agreement.)
- Verification of having received a complete Rolwing Ten-Series from a Certified Rolfer. RISI reserves the right to require a physician's release for any student.
- Approval of an application and required enrollment forms.
- A written 2-3 page personal life

experience essay.

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, at least 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.

Please Note: An interview may be required to complete some applications.

Program Description

Designed for career professionals who are licensed or have extensive training in complementary therapies, this training program allows established practitioners to expand their practice while learning about leading-edge research on the fascial system and how it affects the structure and movement of the body.

Please see page 11 for a full description of the Regional Rolwing Certification Program.

In addition to the Regional Rolwing Training, there are thirty days of additional training to be a Rolf Movement Practitioner.

Upon successful completion and payment of all tuition and fees, students have completed The Rolf Institute's Regional Rolwing Certification Program and Rolf Movement Practitioner Certification.

Please Note: Students who graduate from The Rolf Institute of Structural Integration's Rolwing Program receive a certificate. By affiliating with Membership Services you become a Certified Rolfer

Format and Methods

This program is taught in-person through modules which vary per offering. Please check the online calendar for the dates of each individual training.



Student Handbook

Payments & Refunds

Tuition and Fees

Tuition and Fee information can be found on our website at www.rolf.org.

Payments

A non-refundable \$50 Application Fee is due on starting the application process. Application forms are included in the admissions process. If a student is admitted to a training program, they reserve their space in all associated phases of the training by enrolling online and paying a deposit of \$300 for the Regional Certification and Advanced training programs. Program deposits are applied to tuition.

For the Regional and Advanced training programs, the number of installments will vary based on the total number of months. Invoices will be sent to students four weeks prior to due dates. Students may be assessed a late fee of \$50 if payment is received after the due dates. All credit card payments can be made online.

Students may not begin any class until the appropriate tuition has been paid. Late enrollment is occasionally permitted, depending upon space availability.

Note: Tuition and fees are subject to change. Candidates and students-in-training are given as much advance notice as possible of any changes.

Payment Methods and Terms

The Rolf Institute of Structural Integration accepts major credit cards (MC, VISA, DISCOVER, AMEX), personal checks, and money orders.

Returned Checks Policy

All returned checks will be assessed a \$50 returned check fee.

Refund Policy

The date of withdrawal for refund purposes is the last date of attendance. Fees and charges paid to the school for goods and services, which have not been provided by the RISI and accepted by the student, shall be refunded. Any moneys paid to the Rolf Institute in excess of the sum due the school by the student who cancels, withdraws, or is discontinued will be refunded within thirty (30) days of such action. The failure of a student to notify the Director of Admissions in writing of withdrawal may delay refund of tuition due pursuant to Section 5001 and 5002 of the Education Law. The policy for granting credit for previous training shall not impact this refund policy.

1. A student who has not signed the RISI Enrollment Agreement or has not been accepted to the program may cancel at no penalty.
2. A student may cancel his or her RISI Enrollment Agreement at no penalty, with the exception of the application fee, within three

business days of signing the agreement, provided the student has not entered into instruction.

3. After three business days of signing the RISI Enrollment Agreement, students are responsible for 50% of the initial Program Deposit and the Application Fee, provided the student has not entered into instruction.
4. If the student withdraws or is discontinued after instruction has begun, the school may retain not more than: The Application Fee, \$100 for the Anatomy textbook and ebook, the full Program Deposit (applied to tuition), and any tuition and fee liability for the current phase as of the student's last date of physical attendance.

Tuition liability is determined by taking the total tuition cost for the program, divided by the number of clock-hours in the program to get an hourly rate. The hourly rate is then multiplied by the number of hours completed in the phase in which the student discontinued attendance.

Fee liability is determined by taking the total cost of fees for the phase in which the student stopped attending, divided by the number of clock-hours in the phase.

**If students withdraw after completing a phase, they are liable for 100% of the tuition and fee charges for that phase.*

Program Cancellation

In the event the program must be cancelled, students will receive a full refund or will be able to apply all remittances to another program.

School Closure

In the unlikely event that the school closes, students will receive full refunds of all remittances.

Postponement of Starting Date

Postponement of a starting date, whether at the request of the school or the student, requires a written agreement signed by the student and the school. The agreement must set forth:

- a) Whether the postponement is for the convenience of the school or the student, and;
- b) A deadline for the new start date, beyond which the start date will not be postponed.

If the course is not commenced, or the student fails to attend by the new start date set forth in the agreement, the student will be entitled to an appropriate refund of the prepaid tuition and fees within 30 days of the deadline of the new start date set forth in the agreement, determined in accordance with the school's refund policy and all applicable laws and rules concerning the Private Occupational Act of 1981.

“Posture is no longer an immobile holding action, but a floating balance and ease.”

~ Ida P. Rolf

International Students

Visas for Foreign Students

International students attending training at the main campus located in Boulder, CO can indicate the need for an I-20/M-1 Visa. Only the Rolf Institute in Boulder, CO is an approved school by the U.S. Department of Immigration and Naturalization Services for attendance by non-immigrating international students.

Students attending trainings outside of Boulder, CO are not eligible for an I-20/M-1 Visa.

Student Policies

Language Policy

Applicants who wish to enroll in the Rolfing® Certification Training Program at The Rolf Institute® must be proficient in the English language, which includes the ability to read, write, understand and communicate in English prior to enrollment.

English is the language of instruction. The Rolf Institute recognizes that students' success in our training programs depends on the ability to be proficient in English in order to participate and be successful in the Rolfing training learning process. One of the objectives in each program is to enhance students' communication skills with the instructor, classmates, clients and the general public.

If English is not the primary language, students are required to show proof they have taken and met ONE of the following standards for admission into our program:

1. Test of English as a Foreign Language (TOEFL) score of at least
 - a. 475 on the paper/pencil exam,
 - b. 153 on the computer based exam, or
 - c. 53 on the Internet Based Test (IBT);
2. International English Language Testing System (IELTS) score of 6.0 or higher;
3. Other approved exceptions (i.e. Completion of English-as-a-Second-Language programs).

The Rolf Institute does not offer English-as-a-Second Language instruction nor provide any English language services. If scores are below these thresholds, or if the instructor determines that a student's language skills are not adequate, he/she is required to hire an interpreter at his/her own expense, or be asked to leave the program until skill level is improved.

Application and Enrollment Procedure

Application to the Rolfing Certification Program begins with the completion of the Prospective Student Application Form and payment of the Application Fee. It continues via the Online Admissions Process, which collects required forms and documents. Enrollment into each phase of the training program is done through the online course registration system. Late enrollment is not allowed.

Faculty:Student Ratio

Foundations of Rolfing® Structural Integration classes have a Faculty:Student ratio no greater than 1:10.

Embodiment of Rolfing SI and Rolf Movement® Integration and Clinical Application of Rolfing Theory classes have a Faculty:Student ratio no greater than 1:10.

Calendar and Class Schedules

Current class schedules, information, and dates for The Rolf Institute® of Structural Integration programs are posted on The Rolf Institute of Structural Integration's website at class.rolf.org. Or call the main campus at 303-449-5903.

Clock Hour Definition

The program is measured in clock hours containing a minimum of 50 minutes of instruction in a 60 minute block of time. The Rolf Institute does not use credits or credit hours for the Rolfing Training Program.

Cancellation Policy

If the Rolf Institute Regional Faculty member cancels an individual class day(s), they are responsible for arranging make-up of that time.

If the Rolf Institute cancels an entire phase of the training, all students will receive a full refund of their tuition and deposit, or can choose to apply their deposit to a future scheduled Phase.

Code of Conduct

The nature of Rolfing SI requires a close client-practitioner relationship. The student's conduct while in class provides the opportunity for the instructor to observe and evaluate the student's professionalism and maturity. Any conduct or behavior by the student which might jeopardize The Rolf Institute of Structural Integration or the reputation of Rolfing SI will be cause for expulsion. Disruptive behavior displayed towards faculty or classmates that does not support the learning environment will not be tolerated. Students displaying disruptive behavior may be suspended, due to conduct, from the class and/or expelled from the program. Attending classes under the influence of alcohol, marijuana or illegal drugs, or exhibiting behavior disruptive to the class is cause for conduct suspension or expulsion. Failure to pay tuition in a timely manner can also be cause for action. If a student is expelled due to conduct, the Last Date of Attendance (LDA) is the last date the student was in class.

The full policy can be found on our website at www.rolf.org.

Copyright Infringement

Copyright violation is a serious issue because technology makes it easy to copy and transmit protected works over the Rolf Institute's network. The Rolf Institute does not allow the illegal or inappropriate use of material that is subject to copyright protection and covered by state and federal laws. Peer-to-peer sharing (including the download via torrents) is not allowed.

Members, in good standing, are allowed to use the photos and text found on the Rolf Institute website for their marketing materials, with use of the appropriate acknowledgements. Students and members should research the origin of all images found on the internet, that they choose to use in their materials on their websites, so they do not violate copyright law.

A full explanation of copyright infringement can be found on our website at www.rolf.org.

Sexual Harassment Policy

The Rolf Institute prohibits sexual harassment of its students by any Institute employee or other student. Such conduct may result in disciplinary action up to and including discharge or removal from the training and/or The Rolf Institute. The policy covers all students enrolled for training, workshops, continuing education and advanced training. The Institute will not tolerate, condone or allow sexual harassment, whether engaged in by fellow students, employees, associates, clients or other non-employees who conduct business with the Institute. Students will receive prompt notification if expulsion is being considered.

Sexual harassment is any behavior that includes unwelcome sexual advances and other verbal or physical conduct of a sexual nature when:

- Submission to, or rejection of, such conduct is used as the basis for grades, advancement and or training decisions;
- The conduct unreasonably interferes with an individual's education and training performance or creates an intimidating, hostile or offensive learning environment.

Rolf Institute students, faculty and employees are entitled to work in an environment free from sexual harassment and a hostile or offensive working environment. The Institute recognizes sexual harassment as unlawful discrimination, just as conduct that belittles or demeans any individual on the basis of race, religion, national origin, sexual preference, age, disability, or other similar characteristics or circumstances.

No faculty or staff shall threaten or imply that a student's refusal to submit to sexual advances will adversely affect that student's training, grades, employment, compensation, advancement, assigned duties, or any other term or condition of training or attending The Rolf Institute of Structural Integration for career training and development. Sexual joking, lewd pictures and any conduct that tends to make students, faculty and staff of one gender "sex objects" are prohibited.

Students who have complaints of sexual harassment should (and

are encouraged to) report such complaints to a faculty member, the Director of Education Services or the Executive Director. If the Director of Education Services is the cause of the offending conduct, the employee may report this matter directly to the Executive Director. If the Executive Director is the cause of the offending conduct, the employee may report this matter directly to the Chairperson of the Board of Directors. Your complaint will be promptly and thoroughly investigated. Confidentiality of reports and investigations of sexual harassment will be maintained to the greatest extent possible. Any faculty member, student, staff person, or employee who, after appropriate investigation, is found to have engaged in sexual harassment of another employee or student will be subject to disciplinary action, up to and including discharge or removal from the Institute.

If any party directly involved in a sexual harassment investigation is dissatisfied with the outcome or resolution, that individual has the right to appeal the decision. The dissatisfied party should submit his or her written comments to the Executive Director. The Institute will not in any way retaliate against any individual who makes a report of sexual harassment nor permit any student, faculty member, staff or employee to do so. Retaliation is a serious violation of this sexual harassment policy and should be reported immediately. Any person found to have retaliated against another individual for reporting sexual harassment will be subject to appropriate disciplinary action, up to and including expulsion.

Student Grievances/Complaints

The process for students to report possible violations of discrimination, sexual harassment, grievance or deceptive trade to the administration is as follows:

- a. Report the incident to the lead instructor within 10 working days of the incident.
- b. If the violation occurring involves the lead instructor then the student should report the incident to the Compliance Officer/Executive Director at the main campus in Boulder, Colorado.
- c. Any supporting documentation should be file with the Compliance Officer/Executive Director within 10 working days of the initial reporting of the possible allegation.
- d. The Compliance Officer/Executive Director will alert the Chairperson of the Board of Directors of the allegation.
- e. The Compliance Officer/Executive Director will meet with those involved to investigate the possible allegation to determine the background and versions of the possible violation from those involved. Meetings may include Skype, Zoom meetings, or telephone calls.
- f. The Compliance Officer/Executive Director will make a determination and notify those parties concerned in writing within 30 days, unless another time period is agreed upon by all parties, with a determination as to whether an allegation has occurred and the agreed upon settlement.
- g. This decision may be appealed in writing to the Chairperson of the Board of Directors within 5 working days of the notification by the Compliance Officer/Executive Director. The decision of the Chairperson of the Board of Directors shall be final.
- h. Should any of the above involve the Executive Director then the Chairperson of the Board of Directors shall assume the appropriate role in the reporting structure. The final appeal in this case shall rest with the RISI Board of Directors.

Note: Should just grounds be determined for the allegation the files and supporting documentation may be turned over to local authorities for possible consideration for legal proceedings.

If the institution's resolution is not satisfactory, a student may then appeal to the Georgia State Board. Any complaint filed with the Georgia Nonpublic Postsecondary Education Commission (GNPEC) will not be investigated unless the student has exhausted all available grievance procedures outlined by the institution. Complaints to the Georgia State Board must be filed online at <https://gnpec.georgia.gov/>, or to 2082 E Exchange Place, Suite 220, Tucker, GA 30084, 770-414-3300.

Privacy Policy/FERPA

The Family Educational Right and Privacy Act of 1974, also known as the Buckley Amendment, protects the privacy of student records. The Act provides for the right to inspect and review education records, the right to seek to amend those records, and to limit disclosure of information for the records. Further details may be found at www.rolf.org/policies.php#ferpa.

Student Access to Records

As part of FERPA, student have access to their student records as follows:

1. The right to inspect and review the student's educational records within 45 days of the day the School receives the request for access. Rolf Institute student should submit to the Director of Education Services a written request that identifies the record he/she wishes to inspect. The Director of Education Services will make arrangements for access and notify the student of the time and place where the record may be inspected. If the record to be inspected is not maintained by the Director of Education Services, the student will be advised of the correct official to whom the request should be addressed.
2. The right to request amendment of the student's educational records that the student believes are inaccurate or misleading. A student should write to the Director of Education Services responsible for the record; clearly identify the part of the record he/she wants amended, and specify why it is inaccurate or misleading. If the Rolf Institute decides not to amend the record as requested by the student, the student will be notified of the decision and advised of his/her right to a hearing regarding the request for amendment. Additional information regarding the hearing procedures will be provided to the student when notified of the right to a hearing.
3. The right to consent to disclosures of personally identifiable information contained in a student's educational records, except to the extent that FERPA authorizes disclosure without consent. Disclosure without consent is granted to the Rolf Institute officials with legitimate educational interests. A Rolf Institute official is a person employed by the Rolf Institute in an administrative, supervisory, academic, or support staff position or a student assisting another Rolf Institute official in performing his/her tasks, i.e. a teaching assistant. A Rolf Institute official has a legitimate

educational interest if the official needs to review a record in order to fulfill his/her professional responsibility.

4. The right to file a complaint with the U.S. Department of Education concerning alleged failures by The Rolf Institute to comply with the requirements of FERPA.

The name and address of the office that administers FERPA is:

Family Policy Compliance Office
U.S. Department of Education
400 Maryland Avenue, SW
Washington, DC 20202-5901

Learning Resources/Disability Policy

The Rolf Institute is committed to ensuring that individuals with disabilities by reason of her or his disability, not be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any program offered by the Institute. The Rolf Institute is a Private school authorized under the Colorado Division of Private Occupational Schools (DPOS). As a private school, The Rolf Institute meets the 1992, Americans with Disability Act, including requirements for 504 plans.

The full policy can be found on our website at www.rolf.org.

Deceptive Trade or Sales Policy

The Rolf Institute adheres to Colorado Revised Statute 12-59-117 and the Official Code of Georgia 10-1-390. To view the full statute, please view Article 59 on the CO Department of Higher Ed website, or the GA Nonpublic Postsecondary Education Commission website. Complaints of deceptive trade can be filed with DPOS or GNPEC at <https://gnpec.georgia.gov/>.

Discrimination

The Rolf Institute does not discriminate against race, color, creed, national origin, religion, sex, gender, age, disability or veteran status in admissions or in its education program or activities.

Disclaimer

The Rolf Institute of Structural Integration carefully screens applicants and monitors their progress as they go through our programs. While The Rolf Institute of Structural Integration is the sole certifying body for Roling Practitioners, and requires that Rolfers® adhere to Standards of Practice and Code of Ethics, The Rolf Institute of Structural Integration is not a regulatory agency and therefore is not responsible for any actions or activities on the part of the Rolfer once he or she has graduated from the Roling Certification Program.

Satisfactory Academic Progress (SAP)

The Rolf Institute of Structural Integration's Atlanta Campus offers one certification program in Roling Structural Integration. The program has three phases, which must successfully be completed for certification. The Regional Roling Certification program is designed for students with a license and/or extensive clinical experience involving hands-on therapies, and requires 600 clock hours or a total of 18 weeks of instructional time in the classroom.

In addition to required instructional clock hours in the classroom, the program includes scheduled breaks between each phase when students are expected to study, practice, and integrate specific skills.

Additionally, the program requires students to write an essay and to submit the completed work to their instructor. Between Phase II and III, students in the Regional program are expected to write a paper and to develop a draft of their business plan and to submit the completed work to their instructor. Failure to complete these requirements with a passing grade (70%) will affect the final grade for the phase in which the requirements are due, and may affect the student's overall Satisfactory Academic Progress in the program.

The Satisfactory Academic Progress (SAP) Policy applies to all students enrolled in any structural integration certification program at the Rolf Institute. All students are held to the same requirements for meeting SAP standards, and may be reviewed at any times for SAP compliance.

Summary of Satisfactory Academic Progress (SAP) Requirements for All Students

Students enrolled in the Roling Certification program must meet the requirements below:

- Be enrolled as a full-time student in each of the three phases of the program. (Note: The Regional Program does not allow for part-time enrollment.)
- Finish the program within the Maximum Time Framework of no more than 150% of normal program clock hours.
- Have successfully completed at least 67% of the cumulative clock hours of scheduled attendance at each point of measurement.
- Maintain a minimum C average (no less than 70%) by the final of Phase I (87 clock hours), and a cumulative C average (no less than 70%) by the end of Phase II (300 hours) and by the final of Phase III (600 hours).

Timetable for Measuring Satisfactory Academic Progress

Clock hour schedule

600 Clock Hour Program:

SAP Review:

87 Hours Phase I Cumulative Score

209 Hours Phase II Midterm Cumulative Score

331 Hours Phase II Final Cumulative Score

Maximum Time Framework

Pace Standard

In order to meet Satisfactory Academic Progress, students must be on pace to meet all SAP requirements for graduation by successfully completing no less than 2/3 or 67% of the total cumulative weeks/clock hours of instructional time attempted.

Pace = Cumulative number of weeks/clock hours for each phase that you have successfully completed Cumulative number of weeks/clock hours for each phase that you have attempted.

Progress Standard

All program requirements must be completed within a maximum time frame of 150% times the normal program length as measured in the total number of calendar weeks and clock hours the student is in class. The Regional Roling Certification normal program length is 18 weeks or 600 clock hours and therefore must be completed within the maximum time framework of 27 weeks or 900 clock hours of instructional class time.

So as not to exceed the maximum time framework for meeting the progress and pacing standards for program completion, no student shall be allowed to repeat more than one Phase in the total program; each repeated Phase is factored into the Maximum Time Framework allowable for completing the program.

Time spent on an approved Leave of Absence (LOA) or a scheduled break is not counted against the maximum time framework.

Repeat of Phases

Students may be required to repeat up to one Phase of the program, if for any reason, they are placed on academic probation due to failing to meet Satisfactory Academic Progress. However, students may repeat no more than one Phase of the program.

Any student, who repeats a Phase, must re-enroll in the next appropriate and available Phase offered, or the student will be required formally to withdraw from the program. The student may be reinstated to the program if and only if he or she re-enrolls in the required Phase that needs to be repeated within no more than 180 days from the last day of attendance.

Students who withdraw from the program will receive a grade of 0% in each Phase interrupted by the withdrawal. Any interrupted Phase must be repeated upon reinstatement to the institution. Regardless of the reason for a withdrawal, the sum of all attempted clock hours will count toward a student's allowable Maximum Time Framework.

Students who repeat a Phase, and are not on pace to meet Satisfactory Academic Progress at the point where they will complete a total of 67% (or 2/3) of maximum allowable hours, will be administratively withdrawn.

Attendance Standard

Due to the intensive and experiential nature of the Roling® Certification Program, punctual attendance is required of all students. One unexcused absence requires a consultation with the instructor. Three unexcused absences may result in a student needing to repeat that phase. Note, no more than one phase may be repeated. Three unexcused tardies is the equivalent of one unexcused absence and will require a consultation with an instructor.

Academic Standard

Grading Scale

The student's academic average is reviewed to determine qualitative progress. The minimum requirement to meet SAP is a C average (no less than 70%) at the conclusion of each Phase and a cumulative C average (no less than 70%) for the program.

The Grading Scale is as follows:

PASSING GRADES:

90-100% = A

80-90% = B

70-80% = C

NOT PASSING:

60-70% = D

Below 60% = F

Grades are provided to students using the Learning Management System Gradebook.

Incompletes

Because of the difficulty of students completing work outside of class, or entering any phase after it has begun, no grade of "Incomplete" is issued for any phase of the Regional programs and therefore has no effect on SAP.

Transfer of Credits

The Dr. Ida Rolf Institute accepts two types of transfer credits:

1. Credits transferred from another Roling International Organization.
2. Credits transferred from an approved professional certification program in manual therapy such as massage therapy or physical therapy.

Transfer credits from a Roling SI International Program:

DIRI accepts credits from other Roling SI International schools for one completed Phase one, two or three. For DIRI to issue a final certification, all phases of the DIRI programs must be completed for certification through either the Dr. Ida Rolf Institute or one of its Regional or affiliated international schools.

Please note that only phases/programs offered by the Dr. Ida Rolf Institute are accredited. Students need to check with the specific state licensing agency where they intend to practice regarding accreditation standards and number of clock hours required for licensing. Also, please note that only students attending the school in Boulder for the entire training are eligible for Title IV financial aid. Per the U.S. Department of Education, financial aid only covers phases offered through accredited programs. Therefore, financial aid may NOT be transferred to a Roling

SI International school.

Transfer credits from a professional school:

Completion of at least a 250-hour bodywork program may be transferred to the Roling SI program. Students must have graduated from the professional program and hold a certification. Transfer students with professional certification may reduce the length of the Roling SI program Phase I to two weeks. Students must submit an official transcript that shows the following:

- 47 hours of Anatomy, 21 hours of Physiology, 45 hours of Massage or other approved touch training, and 15 hours of Therapeutic Relationship.
- 50 documented hours of post-graduate massage practice experience or comparable clinical experience.

DIRI does not guarantee transferability of credits to another institution unless there is a written agreement with another institution. All components of the DIRI Roling programs must be completed for certification through the Rolf Institute or one of its Regional or affiliated international schools.

DIRI may only issue a COMTA "accredited" Certificate to students who have completed all credit hours within a U.S. DIRI program in Boulder, CO. Any student who transfers from a Roling International school will receive a "non-accredited" Certificate. Students who transfer from DIRI to any international school will need to formally "withdraw" from the U.S. DIRI program and be enrolled in the Roling International Program. Students with financial aid who withdraw from the DIRI program to enroll in a Roling International program will be responsible for any Title IV funds that are required to be returned or repaid based on the last date of attendance at the Rolf Institute.

Failure to make Satisfactory Academic Progress

SAP Warning

If a student fails to meet any of the quantitative or qualitative standards for Satisfactory Academic Progress, he or she will be placed on warning for the next evaluation period.

Students will be notified in writing when they are placed on academic warning and the steps necessary to be removed from warning status. Students will also receive attendance or academic counseling from the Director of Education Services or faculty as appropriate, when they are placed on warning.

The written warning will outline the steps needed to complete the program including the quantitative and qualitative SAP requirements that must be met by the student. Written warnings may include a requirement that a student repeat a Phase for which they fail to maintain a C average (70%), or in borderline cases, complete a specific number of mentoring hours during a scheduled break. Any additional requirements such as repeat of a Phase or the student at their own expense will complete mentoring hours.

SAP Suspension Status

Failure to achieve Satisfactory Academic Progress, including all progress, pacing and academic requirements stipulated in the

Academic Plan, at the end of the SAP Warning period, will result in student being placed on SAP Suspension and/or administrative withdrawal/dismissal. The institution will notify a student by certified mail if he or she is being administratively withdrawn/dismissed for unsatisfactory academic progress.

SAP Appeal Process

The student may submit a written appeal of his/her dismissal within five calendar days of their receipt of the dismissal notice. The appeal must be accompanied by documentation of the mitigating circumstances that have prevented the student from attaining satisfactory academic progress and evidence that changes have occurred to allow the student to now meet standards of satisfactory academic progress.

The Director of Education Services, will assess all appeals, and determine whether the student may be permitted to continue in school on a warning status, despite not meeting the satisfactory progress requirements or being administratively withdrawn from the program. The student will be sent the written decision within ten days of the Institute's receipt of the appeal. The decision of the Administration, in collaboration with faculty, is final. All students who continue on probationary status will have a written academic plan that outlines the standards that must be met to be removed from probation.

Reinstatement/Readmission and Probationary Status

Students reinstated upon appeal are on a probationary status for the next evaluation period, during which time they must meet the terms and conditions set out in the Director of Education Services' letter granting the appeal. At the end of the evaluation period, and at the end of every evaluation period thereafter, the student's academic status will be reviewed. The student may continue on probation as long as he or she meets the terms of the academic plan approved at the time the student's appeal was granted, until such time as Satisfactory Academic Progress is regained.

Student Services

Housing and Transportation

Atlanta Hartsfield-Jackson International Airport is 20-30 minutes from the Atlanta campus by car, depending on traffic. <http://www.atl.com/>

Students from outside the Atlanta area may search for short-term housing online, including furnished apartments, hotels, and room rentals. The Atlanta area is comprised of 15 counties with 5 million people. Please make sure that you find housing reasonably close to the Atlanta campus at 1786 Century Blvd., NE, Suite C, Atlanta, GA 30345.

Hotels closest to the Atlanta campus are:

- Marriott Century Center- <https://www.marriott.com/hotels/travel/atlne-atlanta-marriott-century-center-emory-area>
- Holiday Inn Express- <https://www.ihg.com/holidayinnexpress/hotels/us/en/atlanta/atlcr/hoteldetail>
- Extended Stay America- <https://www.extendedstayamerica.com/hotels/ga/atlanta/clairmont>

Public transportation options can be found at <https://www.atlantaga.gov/visitors/transportation>.

Announcements

Class information is communicated, whether by email or via the Learning Management System, to all students prior to the beginning of each class.

Student Records & Transcripts

All student records are permanently on file in the school's main administrative campus, located in Boulder, Colorado. Please review Student Access to Records for FERPA rules on access and disclosure. Any student who wishes to see his/her records may do so by contacting the main campus at 303-449-5903 during regular office hours.

Student records are available to The Rolf Institute of Structural Integration administration, the Student Evaluation Committee, and the faculty of classes in which the student has been enrolled. Records are not available to other parties without the written consent of the student.

Transcripts are available upon request. Official transcripts may be sent to a third party only at the specific request of the student.

Certificates

Students receive certificates documenting the successful completion of their program. By affiliating with Membership Services, they become a Certified Rolfer. The Rolf Institute of Structural Integration also provides certificates for Rolf Movement® Integration Certification, Advanced Roling Certification and all the Rolf Institute of Structural Integration CE courses.

Supplies and Equipment

The Rolf Institute of Structural Integration provides many necessary supplies for classroom instruction. These supplies include Roling tables, audiovisual equipment, digital camera system, orthopedic skeletons, and anatomical charts. Handouts and other resources are provided electronically through the learning management system.

Students are expected to purchase their own books and personal supplies. The responsibility of linens, including laundering, are up to each student. Linens needed include sheets, blankets, pillows, and pillowcases. Students will also need to obtain their own Roling bench.

Placement Assistance

In order to maintain and improve program effectiveness, the Rolf Institute monitors and reports completion, placement and licensure exam rates on an annual basis. Collected information includes name and contact information of employers, as well as other verification; and/or self-employment client logs, marketing materials, business permits and tax documents.

Information from Rolfers who want to share their practices or about possible job opportunities may be available on the Rolf Institute bulletin board or in a member newsletter.

Massage Laws and Licensing in States and Municipalities

Certification as a Rolfer does not guarantee a license to practice massage or bodywork in a particular state or city. State and local licensing regulations vary. The Rolf Institute's educational program and courses leading to certification as a Rolfer may not prepare students for licensure in their respective states and municipalities. State and municipal licensing laws vary in their content, hour requirement and testing requirements, and in some cases, municipal ordinances may apply in the absence of state law. Students are responsible for checking the licensing requirements in the states and cities in which they wish to practice.

In Georgia, Rolfers are exempt from having to practice under a massage license as of 7/24/2018. The Georgia Legislature may change this statute at any time, and make licensing mandatory. For a list of state licensure requirements, please visit the ABMP's website at www.massagetherapy.com/_content/careers/MTreg.pdf or the AMTA at www.amtamassage.org/regulation/stateRegulations.html.

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