

## **ADVANCED TRAINING IN SAN PAULO – BRAZIL WITH PIERPAOLA VOLPONES AND RAQUEL MOTTA**

24 days in two modules:  
1<sup>st</sup> module: May 5/17, 2020  
2nd module: July 10/22, 2020

ABR address is: Rua Coronel Artur de Godoy 83 / Vila Mariana - São Paulo - Brazil

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Tuition : 5575 USD - Registration fee : 575 USD

### ***Details***

The Advanced Training is a certification programme that offers Certified Rolfers the opportunity to take their skills and knowledge of Rolfing to the next level.

Over a period of 24 days, students will have ample time to analyze and experiments with the tools and principles of Rolfing:

- Body Reading and Pattern Recognition: how the different layers of the body manifest the inner organization of the physical structure; understanding and recognizing patterns of movement and related habits that shape and are shaped by the physical structure.
- Deepening manual skills: fine-tuning manual skill through in-class practicums, session exchanges and a clinic of outside clients, including exploration of the deep articular layer of the 'ligamentous bed' and the visceral system, both components of the fascial web.
- Design and execution of a client-centred Advanced Five Series according to Rolfing principles: how to meet and address the client's needs, possibilities and limitations, beyond the Ten Series.

This Advanced training will enable students to work more efficiently, effectively and deeply with the Ten Series and become confident in their ability to design additional sessions and series with clients beyond the Recipe.

**Pierpaola Volpones** received her first university degree in Physical Education in 1976, and a subsequent degree in Sociology in 1982. She initially trained as a Rolf Movement practitioner in 1986 before training as a Rolfer in 1986, and took her advanced training in 1996. In 2006, Pierpaola was certified as a Rolfing and Rolf Movement Instructor and has taught on the basic and Rolf movement trainings and a number of continuing education workshops since then.

**Raquel Motta** received her first university degree in Physical Education in 1985, and a subsequent degree in Pedagogy in 1990. She became a Rolfer and a Rolf Movement Practitioner in 1996 and took her advanced training 3 times: in 2005, 2008 and 2009. She holds a master at University relating Body Image and Rolfing, and also she had an specialization in Motor Control. Raquel was certified as a Rolfing and Rolf Movement Instructor in 2010 and has taught on basic and Rolf Movement trainings since then.

