



The Axis Syllabus VS Rolfing - an interdisciplinary exchange in pursuit of a healthy movement practice.

Workshop

Both Rolfing and AS communities are very outward looking. It comes as no surprise that the two disciplines might become interested in each other, especially as their ultimate goal is the same - Efficient healthy pain-free movement for life.

This workshop is a demonstration of this interdisciplinary play. We will explore ideas from both approaches looking at how they might compliment each other or even where they contradict.

Biomechanical principles of movement from the Axis Syllabus System will be placed within the Rolfing context of myofascial theory and practice. We will use hands on work, different sensation/perception approaches and an examination of the unique motor principles of the foot, leg, hip and spine to facilitate an efficient tone in the myofascial web and healthy alignment of the skeletal structure, both at rest and in dynamic situations. Set vocabulary and improvised approaches will be used to embody the ideas discussed.

Rolfing

Rolfing® structural integration and Rolf Movement® Integration are modalities working primarily with the bodies myofascia, in order to realign the body in the gravitational field. As the myofascial system works as a whole body network, connecting from head to toe, with different functions, we work with different stimuli. We use hands on work to activate proprioception, elongation/elasticity and separation of fascial tissues. This work facilitates awareness in the different domains of movement such as its meaning, expression of ones own movement, impressions and neuro myofascial coordination, in order to gain the necessary freedom of choice to change.

Axis Syllabus

The Axis Syllabus (AS) is an approach to dance and movement that is based on scientific enquiry. Rather than centering itself around aesthetic criteria it asks the question, what movement is appropriate for an entire life of moving well? Like meditators exploring the nature of mind with their own minds the AS community develops and shares ideas on safe healthy movement via experiential research. Of course this approach whilst very important and perhaps undervalued has its limits and thus the AS also incorporates an interdisciplinary approach pulling in ideas from scientific enquiry elsewhere in fields such as medicine, biomechanics, physics, sports science, and somatic approaches. Ideas are therefore not clung to because of their traditions but are simply evaluated on their relative merits and can be easily discarded if found to be false. Interestingly some of the experiential insights have found their support from these disciplines, others are still to be tested and likewise, ideas brought in have been validated with real physical experience. Consequently the AS is always in flux ever adjusting to the exponential stream of new

information being added. It is a physical practice of theory deemed to be current and the best available for the moment.

Participation

We believe such an approach will be of use to anyone interested in moving well and who wants to keep moving throughout their life. However this workshop is better suited to those with a keen interest and background in movement either in its practice or in its study. We welcome dancers and health professionals/therapists alike.

Maximum of participants: 24

Teachers

Michael Kellenberger und Matthew William Smith (CV´s attached)

Workshop formats

Different formats possible alike

Fullformat with Pre-Tainingclass: 5 days with a 2 hour Class beforehand and 4 hours

Workshop per day

Fullformat: 5 days with 4 hours Workshop per day

Semi Format with Pre-Trainingclass: 2-3 days with a 2 hour Class beforhand and 4 hours

Workshop per day

Semi Format: 2-3 days with 4 hours Workshop per day

Costs:

Teachers salaries: 100.- Swissfrancs per hour and teacher

Travel expenses

Accomodation

Per Diems

Surcharge on arrival day before

Cancellation fee to be discussed

Space

Suitable workspace for theory and practice should be provided or arranged, as well as mats and or any other pertinent material. Details on this will need to be discussed.

With negotiation, this course can also be recognized as part of the * Zam. Certificate TanzMedizin training * Recognition of the Association for Dance Medicine Germany

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