

# Embodiment ✦ Continuity ✦ Integration

Embodying Continuity and Integration through Joint Relationships

An Instruction and Supervision Workshop with

**Russell Stolzoff**

Successful outcomes from Structural Integration always involve improved joint relationships. Often they are an inadvertent consequence of balancing soft tissue strains. After a basic series, or with more complex imbalances, joint issues tend not to resolve as easily and are limiting factors in furthering integration. Learning additional skills that enable you go beyond chance and introduce reliable improvements to joints is an important step in the trajectory toward becoming a master.

In this course Russell will present a theory of soft tissue joint manipulation and a range of associated methods – from following the flow of inherent motion, to using deep, direct pressure to free restrictions – that can be used to achieve better balance and function across joints. The intended goal is to further the ability to *'perceive and treat as a one'* whole-body patterns that include soft tissue strains, bones, and joint relationships.

Keeping in mind that our own experience of integration is what allows us to communicate new possibilities to our clients, this course will utilize lecture, discussion, demonstration, and closely supervised exchanges to advance both the hands on skill and the embodiment of each participant.

In his supervision workshops Russell creates a welcoming, spacious environment. He presents Structural Integration topics from a relational and embodied point of view that places primary emphasis on practitioners achieving an optimum state of being that serves as a foundation for clear perception and effective interactions. His underlying point of view is: when we are able to resolve anxiety, we feel safe and we relax; we are then better able to learn, draw on our creative capacities, be more responsive to our clients, and we can produce more effective and satisfying results.

The venue is a spacious modern style beach walk home located just outside of Charleston, South Carolina on Folly Beach. Soaring ceilings, clean, uncluttered, open spaces enhance the workshop's themes of spaciousness, balance, and creativity. There are many activities close by and there will be time to share informal meals and gatherings as a group or to spend quiet time by the ocean.

**Dates: April 21-24      April 21<sup>st</sup> 6PM – 9PM, April 22<sup>nd</sup>-24<sup>th</sup> 9AM-5PM**

This course is limited to 12 participants

Cost: \$600 (Early registration discount: \$550 if paid in full by Feb 15)

Registration: Sue Boatwright  
(843) 478-0676 – [rolfersue@aol.com](mailto:rolfersue@aol.com)

Questions: Contact Russell Stolzoff  
(360) 671-0546 – [Russell@rolfingworks.com](mailto:Russell@rolfingworks.com)

Lodging: There are lovely accommodations at the workshop site for \$80/night – a great deal for such a lovely home, but space is limited. There is also a beachfront hotel nearby.

**Individual Sessions with Russell are available April 25<sup>th</sup> – 27<sup>th</sup>. Fee is \$160/session. Contact Sue for scheduling.**