



The Instructor

Dr. Bruce Rolf Andrews is a graduate of the Dr. Ida P. Rolf School, the Guild for Structural Integration, in Boulder Colorado. He promotes education, rehabilitation and personal empower-

ment through therapeutic bodywork. Over the years he has taught courses in deep tissue massage, TMJ and Reiki, as well as maintained an active Structural Integration practice.

Testimonial from a Yoga Teacher

“As a yoga teacher having a better understanding of my own body in turn helps me to help my yoga students understand their own bodies...The Structural Integration bodywork helps to realign parts of the body that might have been out of place for years and in turn will change your practice for better.”

— Kathleen Rankhorn

For a detailed program guide go to:

www.yogawerks.com

Yogawerks

847-713-2423



Dr. Bruce Rolf Andrews:
www.rolfbodyworkforhealth.com

Contemporary Structural IntegrationSM Teacher Training



May-December, 2007

Whether you are a yoga teacher or advanced practitioner, this course teaches you how to:

- optimize body alignment
 - reduce pain
- increase inner radiance

all in a manner consistent and in harmony with your yoga teachings.

Contemporary Structural IntegrationSM Teacher Training

What makes this special?

It provides you a quality training in a condensed time frame at a fraction of the traditional cost. You will be empowered to do world class yoga therapy with ongoing training and support. We will only be offering this special training once this year.

The Program

Dr. Bruce Rolf Andrews, Certified Advanced Structural Integration Practitioner, brings 15 years of experience here to Barrington for this 168-hour course. This potentially life-changing course offers participants a unique opportunity to learn basic and advanced myofascial bodywork generally unavailable through conventional yoga training.

The Format

The 168-hour Contemporary Structural IntegrationSM (CSI) Program is divided into 12 weekends. The first weekend covers CSI didactics and bodywork techniques. The remaining 11 weekends are for specific training in the 11 CSI Bodywork sessions. Each weekend will rebuild body alignment and posture through the release of specific body parts in a natural sequential order. Each session is designed to empower bodywork practice through anatomy study, movement awareness, psychological insight, and intuition. You will be practicing among colleagues and friends.

Graduates of this program

- Will be able to do bodywork consistent with and in perfect harmony with your own yoga teachings.
- Learn how Dr. Ida P Rolf's myofascial bodywork has revolutionized chronic pain and postural restoration.
- Be able to perform and understand each of the 11 Contemporary Structural IntegrationSM bodywork sessions.
- Enhance your teaching and private yoga therapy practice with effective ways to approach numerous chronic pain conditions with new confidence and dynamic results!

- Experience the opportunity for personal and professional growth through course-oriented supervision, elective out of class mentoring and ongoing workshop support.

2007 Course Schedule

Hours: Weekends listed below, Saturday and Sunday, 9am-5pm, includes 1 hour lunch break

- May 12-13
- June 9-10
- June 23-24
- July 14-15
- August 11-12
- September 8-9
- September 29-30
- October 13-14
- October 27-28
- November 3-4
- December 1-2
- December 15-16

11 Session Curriculum Outline

- **Session #1: Awakening.** Begin to ease myofascial strain from shoulders through pelvis to legs. *Relates to breathing and meditation.*
- **Session #2: Grounding.** Begin to provide flexible support for legs and pelvis through feet. Organize and lengthen back. *Relates to standing postures.*
- **Session #3: Relationship.** Begin to align sides from head to feet; balance girdles. *Relates to twisting and side bending.*
- **Session #4: Rooting.** Free inner thigh to the pelvic floor. Initiate the Core Line and lumbar length. Continued foot work. Initiate Iliopsoas contact. *Relates to standing postures and meditation.*
- **Session #5: Gut Feelings.** Balancing trunk and legs with pelvis. Ease relationship between abdominal muscles, Iliopsoas and back. Extending Core Line up front. *Relates to back bending, abdominal and pelvic exercises.*

- **Session #6: Backing Down.** Finish myofascial release of legs and feet. Relate sacrum to pelvis to spine. Extending Core Line up back. *Relates to forward bending.*

- **Session #7: Growing Up.** Extending the Core Line up and through the cranium. Releasing fascia through neck, scalp, face and inside of mouth. *Relates to all body postures.*

- **Session #8: Balancing Female Principle.** Integrating lower Core Line. Refining relationship between pelvis, legs and spine. *Relates to lower body postures.*

- **Session #9: Balancing Male Principle.** Integrating upper Core Line. Refining relationship between pelvis, spine and shoulder girdle. *Relates to upper body postures.*

- **Session #10: Independence.** Identify and integrate most disconnected part of body. Focus on Yin/female principle. Balance major segments of body around Core. Review Freudian model of psychological health. *Relates to personal transformation issues and advanced yoga practice.*

- **Session #11: Interdependence.** Shoulder, arm and hand release; connect arms to emotional heart. Elective: review sessions 1-10 in light of the body-mind issues revealed. Establish homework to focus on unresolved issues. Establish schedule for ongoing supportive CSI, teach Core movement patterns. Review Harvard Based Relational model of psychological health. *Relates to personal and professional transformation issues and advanced Yoga teaching.*

Fees, Registration and Payment

Cost: \$4100*, if you pre-register by April 12, 2007 (\$4300* at the door)

Please download brochure and application online. For more information, please email Robbin at: robbin@yogawerks.com

*(add a 3% surcharge if paying by credit card)