

# WORKSHOP INVITATION July 1th to July 5th, 2013



- When** The workshop will start on monday 1th of july, 2013 (9.00) and will end on friday july 5th, 2011 (17.00)  
Daily schedule: 9.00-12.00 and 14.00-17.00  
Credits: 4 manipulation credits
- Where** [www.masavoi.com](http://www.masavoi.com) (at Elmar Abram place)  
Altrei - Anterivo  
South Tyrol, Italy

Altrei is a picturesque mountain village situated at 1200 m in the middle of the protected natural park Trudner Horn, at the southern outflows of the Dolomites and the southern border of South Tyrol, where the German and Italian culture meet one another since centuries.

## **Who is Jim Asher?**

Jim is one of the oldest and most experienced Rolfer. He started studying Rolfing in 1971 with Ida Rolf and accompanied her until her death. As such Jim taught and assisted several workshops with her as well as two Advanced Trainings. Jim therefore brings a particular spirit and knowledge that he shares with pleasure. Jim is also trained in and an instructor of cranio-sacral work, witch he combines in a genial manner with the structural work.

In recent years he has completed extensive training in osteopathic manipulation with Dr. Phillip Greenman.

His regular attendance of the International Conference on Low Back Pain keeps him up to date on the evolving science and practice.

Jim has therefore a special expertise in work with the spine, witch he combines with the original Rolfing approach that he learned from Ida Rolf.

From his time with Ida Rolf, Jim recalls many old stories of her as well as of her experience; Jim is known for his particular ability to bring back students in the good old days of Ida and to make the atmosphere of this period very much alive. Before becoming a Rolfer, Jim was a comedian: this enables him to bring over his knowledge to us in a very enriching, funny, and sometimes particular way...!

Jim is famous for his ability to touch on specific layers and to speak about it as well as guide you to go there yourself. Jim was for example able to localize a tumor in the carotid-artery of Anna Neil before this was confirmed by an X-ray.

Another strength of Jim is his own way of treating the tissue (Rolfing) while asking for specific and active movement participation of the client. During the Rolfing manipulation he lets the client make simple, functional and adequate movements which increase the awareness of the client as to what these movements bring, or where the shortness is present. This also makes the work of the Rolfer more efficient and economic.

Jim is transmitting his knowledge with a lot of generosity through "hands on" work, with the use of models and slides, with stories and anecdotes of the good old days of Ida Rolf...

## The flexible spine:

### How to get the spine flexible in a soft and easy way

This workshop will provide the theory and basic skills of an innovative, three dimensional approach to seeing and freeing spinal fixations, using the clients active participation.

This class will focus on finding and understanding first the A.G.R. Area of Greatest Restriction, then also the key restriction and the patterns above and below which are preventing a long term solution.

After learning how to see and feel the key pattern and key disfunction, we will focus on individual strategies, using group movement and local movement in all planes to unravel the patterns of disfunction and restore movement along the entire length of the spine.

These skills will first be developed in the context of bench work and then transferred to table work

We will see that a good strategy makes the soft tissue release much easier and with less pressure, because we can use the clients movement in highly specific ways to assist in unlocking the problems and have the nervous system integrate the session.

Functional spinal movement and balance are key to Structural Integration. The ideal is a fully flexible spine in balance with the girdles !

## **LOGISTICS**

### **Costs**

700 Euro until April 20

730 Euro until May 20

The language of the workshop is English.

### **Registration**

Please confirm your participation to Elmar Abram via Email or per telephone.

Please don't forget to indicate your name, telephone and e-mail.

REGISTRATION WILL BE FIXED WHEN PAID.

### **Payment information**

Payment should be made on the following account:

Elmar Abram, Dr.J.Noldinstrasse 2b – Altrei (Bz) Italy

Bank: Raiffeisen Deutschnofen-Aldein

IBAN: IT 33M 08162 59180 000303230104

SWIFT/BIC: RZSBIT21306

### **Condition**

Maximum number of participants: 16 persons

Registration will be accepted by order of incoming application and confirmed in written (letter or e-mail) by the organizers.

### **Lodging**

Please contact the hotels directly. Here are their numbers:

**Gasthof Rössl**, tel. 0039 0471 882031 – **the closest to MaSavoi**

Hotel Waldheim, tel. 0039 0471 882024

Gasthof Langeshof, tel. 0039 0471 882027

Price: Half-pension between 40 and 50 Euro depending of the hotel and the room

**If You have any question about lodging matters, please feel free to contact or call Elmar.**

**Travel information (See clear description on the homepage [www.masavoi.com](http://www.masavoi.com))**

By train:

Make sure that you take a train which stops at Auer/Ora (last big station before Bolzano coming from south, first bigger station after Bolzano coming

from north (20km)). You will be picked up at Auer if wished.

By car:

Motorway of the Brenner A1 (Brenner autobahn) exit Neumarkt/Egna: 20 km south of Bolzano.

Take direction Cavalese –Fleimstal - Val di Fiemme until San Lugano Pass (village).

After the village of San Lugano you arrive at a junction; there, take direction of Altrei/Anterivo (6km).

## **Contact**

Elmar Abram

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Email: **info@masavoi.com**

[www.masavoi.com](http://www.masavoi.com)