

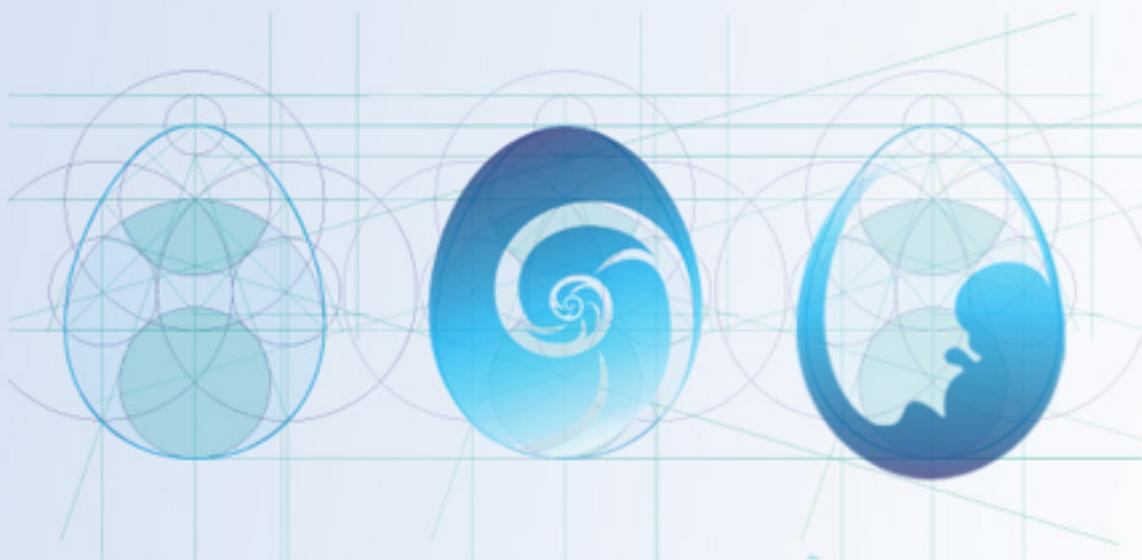
# Em-Body Orient/Occident

Nicola Carofiglio × Hiroyoshi Tahata

Interpreter: Satomi Furukawa



Host: The Japanese Rolfing® Association



ROLFING | NICOLA  
MOVEMENT CAROFIGLIO

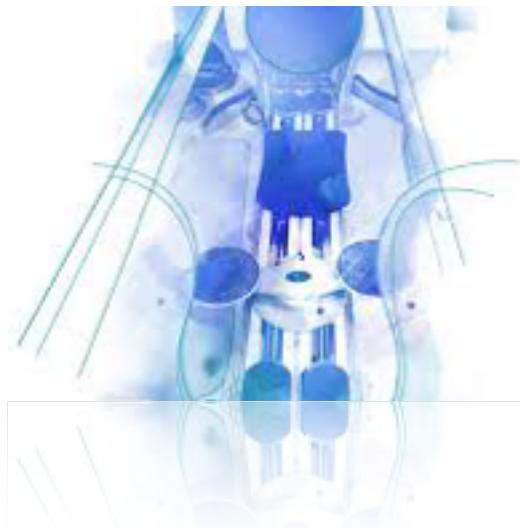
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# Introduction

The body is the medium in which we connect ourselves to the outside world. We are always aware of sensory information and their interpretation leads to ordinary behavior. To that end, the ability to secure space is also an important factor in the movement based on one's own knowledge.

Based on science and biomechanics point of view, while intermingling experiential training, we will guide the exploration of the physical sense with an easy-to-understand guide so that it can be closely connected with the space. It transcends cultural differences consisting of East / Western cultures, customs, environments, and beliefs, and provides a perfect time to stimulate creativity as a human being.



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## Navigation

While using poles, balance balls, tennis balls, towels, yoga mats and blankets, we will explore the mind and body with a sense of exercise using walls and floors. Instructed by the instructor Nicola's guide, the body sense is converted from simple "word" of expression to "movement" and explores the unknown perception.

There will be a co-teaching collaboration between Nicola and Hiro in order to provide, improve and integrate the relationship between space and the medium body.

They will focus on the resonance of "MA" (the space) through Hiro's guide and body-sense through Nicola together on this workshop.

The fact that both instructors are grown in different cultures makes the field of exploration and embodiment quite rich and unique.



Dancer, choreographer, Shiatsu, Martial Arts, Gyrotonic trainer, Rolf movement instructor of Nicola's background enables him to cope with people from any movement and somatic field. And also, Hiro will guide you to how create the field of "MA". You will be able to feel essence of A-where-ness.

It is an important factor to understand the physical sense straightly as a element of nature, First of all, please enjoy and find out the new awareness by enjoying the guides of both instructors so that you will taste all existence now.

There is no doubt that it will be an inspiring experience for your life and profession, please join us.

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## Instructor introduction



**Nicola Carofiglio**

Certified in 2004, Certified Advanced Rolfer™  
Rolf Movement® Practitioner™  
European Rolfing® Association e.V.  
Rolf Movement® Faculty  
Gyrotonic Expansion System® Trainer

After studying dance in Italy and Germany, I worked as a dancer and choreographer for 20 years. In 2000, with the birth of Carla and, later on, Davide, I wanted to expand my understanding of and work with the body through training in Shiatsu (Third Level). I then progressed to Rolfing® and the Gyrotonic Expansion System®, until finally in 2014 I graduated to Advanced Rolfer. At the moment I am member of the Rolf Movement European Faculty.

Over the years, problems and solutions have become increasingly refined and sophisticated, opening up new areas and perspectives, which, like a magnifying glass, have expanded my personal understanding of the body. Through Rolfing® and the Gyrotonic® system, I have been able to continue exploring the profound dialogue between mind and body, discovering gradually that giving expression and shape to the creative intelligence present in our bodies is my fundamental inspiration in life.

I have had the opportunity to meet and observe many artistic personalities. They have all been important and relevant to my daily development, to my behavior and to my approach towards different situations, emotions, people and cultures. A warm thank you to Hubert Godard for his teachings and intuitions on the nature of human expression, which have been important sources and elements of research for my work and studies on the human body.

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## Hiroyoshi Tahata

Certified in 1998, Certified Advanced Rolfer™  
Rolf Movement® Practitioner™  
Dr.Ida Rolf Institute® Rolf Movement® Faculty  
SE® Practitioner

Before the Rolfer™, formerly worked as a researcher in the Biochemical Laboratories in Japan for 9 years.

As Rolfer™ from the beginning of the activity, he continues to seek and deepen his understanding based on his knowledge and experience as a former researcher, and his own method "The Art of Yield" (Yield work) by his practice over the past 20 years for in line with the principles of the Rolfing®. He is the one of the Rolf Movement® instructor in Japan and currently working as Advanced Rolfer™ as well.

In terms of Art of yield, using oriental concepts and making the relationship the space for the client (Ma) with Hara (Tanden) an important factor, both the practitioner and the client can create a sense of comfort on the spot, which will lead to spontaneous regeneration to client it prescribes the principle that leads to.

It is more less to subsequent interventions by the practitioner must respect the client's system as support that can be considered a guide in the session. Supporting spontaneous realignments is sustainable and returns to what it should be. In other words, it is necessary to draw out an opportunity to recall the senses that the body knows, and leave it to the client's system afterwards.

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He is based in Tokyo and he also works irregularly in the United States as a instructor.

Link <https://www.yielding.work>

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## **Comment of recommendation**

### **European Rolfing® Association Faculty Giovanni Felicioni**

Nicola is an excellent Rolfing® practitioner and Rolf MovementTM instructor. His skills are beautifully layered and both complex and simple. I cannot recommend him more highly. He understands the work of Hubert Godard very well and I am sure that you will have a very enlightening, practical and helpful workshop.

### **Gyrotonic Studio Flowing studio Pilates e Gyrotonic ssd r.l. - Roma Eur**

Hi Chao. Si Nicola held WORKSHOP in the Flowing studio related to the Rolfing movement and therapeutic methodology. His work is very interesting. His teaching was easy and simple movement from the professional point of view. We enjoyed that seminar. I suggest you invite him to your studio. He is very prepared. Good job!

### **European Rolfing® Association Faculty Rita Geirola**

Nicola has assisted me in many classes during the process that has brought him in the European Rolf Movement Faculty.

This has given me the opportunity to see him working and appreciate the development of his teaching quality.

Nicola incorporate in a deep and meaningful way the Rolfing prospective. He has the attitude of a researcher, and is passionate for the field. There is a continuous development in his work because he never stops diving deep into the meaning of what we define as Rolfing movement.

Nicola is able to transfer this attitude when teaching, creating aliveness and curiosity in his students.

He leads embodiments that help self awareness to grow in a light and easy way. All this elements I think can describe some of the relevant qualities that I consider to be the richness that Nicola brings in the Faculty.

### **Pro dancer, Gyrotonic ExpansionSystem® instructor Rolfer™ Hideto Heshiki**

Nicola was my instructor on the Rolfing Intensive Course 2017-2018 and the Rolfing Movement Course 2018-2019.

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What I strongly felt from his class was presence of facing one's own body through myself, and facing other people, nature and environment like someone's own body. And also, Nicola seems to be trying to practice things that are natural and serious as a person.

### **Yoga teacher Rolfer™ from Madrid Marta Jimenez**

Thank Nicola I realized the importance of giving yourself time to listening to the body, not trying to use muscle strength, let the gentleness come from the consciousness of a solid and firm base from which the body can project itself, thus understanding the body in a more intense and gentle way. The grace in his gestures, his touch, and his movement is simply admirable. I learned a lot from Nicola, and that gives me courage to continue enjoying the wonder of Rolfing.

The aspect I appreciate the most about what I learned with Nicola was the pleasant and productive environment that he creates. He always created a psychobiological dimension. Thanks to Nicola's presence I immediately felt comfortable. His suggestions, ideas, and the presence of Nicola made me always feel very good, comfortable and relaxed. This proved to be a very productive and unforgettable learning experience.

### **Dancer, Professional Ballet Class Instructor, Certified Rolfer™ Yuko Sato**

"The toothed wheels begin to turn."

What makes me feel this way after attending Nicola's class?  
It is simply the "reality" based on his actual experiences, which have been deepened and ground for many years, of what is "to move", "to touch human body" and "in relation to the gravity".

Complexed theory, translation from theory to practice and all the essences he learned from various masters such as Hubert Godard, Nicola leads you to physical experience in a concise and precise way according to your needs.

"I feel I'll be able to achieve this (seeing the light) ", "There is so much potential and possibility of practical application to this&that! (inspiration)"

Through his class, I've learned a lot by experiencing my own present body.

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Among the numbers of workshops what I've received through his class was tremendously valuable.

I deeply thank Nicola for giving me missing-links though the supervision and mentoring.

It is not only learning "What is Rolf-movement?", but also an opportunity to enrich your work you have been building up. Intertwining all the toothed wheels you have so far will bring you to further metamorphosis of your being!

## **About Art of yield**

### **Dr. Ida Rolf Institute® Emeritus Mary Bond**

**Books by Mary Bond:**

#### **Balancing Your Body, A Self-Help Approach to Rolfing Movement**

'The Art of Yield', developed by Rolf Movement instructor Hiroyoshi Tahata, has been described by Mary Bond as "an exploration in being fully present and in observing the whole again and again."

For more information, see the article entitled "Yielding" in the June 2012 issue of Structural Integration. From that article: "Yield is the first developmental movement. Often misunderstood as a passive surrendering or a 'doing nothing', yielding is in fact an active coming into relationship and is the fundamental movement behavior underlying all others."

### **Certified Advanced Rolfer™ Rolf Movement® Practitioner™**

**Kathy McConnell**

Attended a workshop on The Art of Yield with Hiro Tahata in April 2015. Since then, I have been weaving various aspects of his innovation into my sessions with good results. In his method, sessions begin with the practitioner bringing awareness to his/her own body sensations, then grounding him/herself, and finally expanding awareness to include the client, and the space in the room. This all happens before making physical contact with the client, and is what creates the "field". The practitioner then employs a technique called 'conditioning'. Conditioning prepares the body for change by applying a light touch, most often with the back of the hand, in various places on the body. The

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purpose is to ground the client, set up scaffolding for cells, and animate subtle waves of motility. Once this first part is complete, the rest of the interventions are equally gentle and brief. After each one, the practitioner steps away from the table to scan and track changes. The client's system will give directions about where to go next when the practitioner is acutely receptive. Typically, more time is spent away from the body than actually touching the body during a yield session.

In my own practice, I have found that beginning sessions mindfully, with the intention of creating a field of change, sets a tone that helps me maintain a rich presence throughout the session. As long as I keep bringing my awareness back to my body, specifically my belly, I am able to engage the flow within the field. Time slows down and my intuitive perception emerges. My hands seem to know where to go, before thoughts about what I want to accomplish invade the space. Everything feels more malleable; my breath, my body, and, best of all, the client's tissue. Strategizing with my thinking mind has become secondary to staying present.

Feedback from clients has been very positive, in part because integration is inherent to each contact. They have been surprised at how active the light touch is, as have I. One of my longtime clients expressed it this way: "It seems like you are doing less and I am feeling more." The essence of my practice is evolving in a new direction. The work now is in being present with myself, the client, and the third organism that is activated by the relationship (the field).

## Application Requirements

**[Date]** Sep/1st - 3rd, 2019 (Three days)

**[Credits]** 3 Movement Credits

**[Participants:]** 10 (min,) 20(max,)

**[Qualifications]** Everyone who is related to the bodywork  
Priority to Certified Rolfer™ SI Practitioner and applicant  
(GyrotonicExpansionSystem®, Pilates, yoga teacher, Bodyworker,  
etc)

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**[Tuition fee]** JPN ¥121,000 more less (+8% VAT)

Early Bird Price by 15th May

**Note:** We will officially announce the venue of tuition fee and more details of place and time at the beginning of June.

**[Place]** Tokyo, Japan

**[Application Dead line]** 31/May, 2019

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Tel or E-mail** \_\_\_\_\_

**Date/Signature** 2019/ / \_\_\_\_\_

■ A minimum number of participants is requested. If this minimum is not reached, classes can be cancelled at 1st of June.

I have read and agree to the conditions above hereby register for the Workshop "Em-body Orient/Occident". In particular, I agree to the cancellation policy.

To complete your application, please fill out and sign this registration form:

**[Contact]** The Japanese Rolfing® Association member Kushi

rolfinder94@gmail.com

<http://www.rolfing-den.com>



**Sponsorship: The Japanese Rolfing® Association**

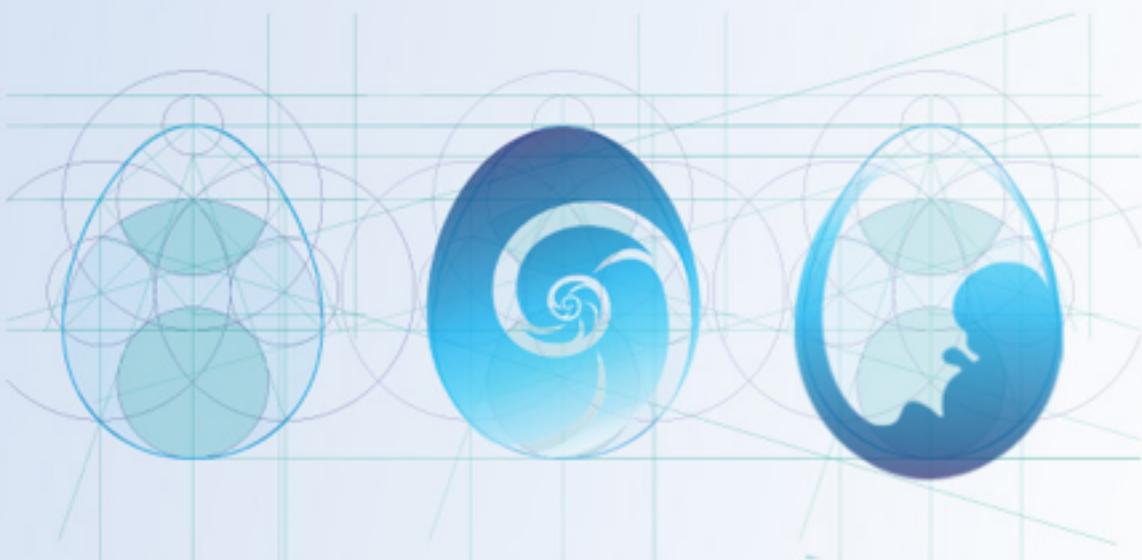
# Ultimately Rolfing is for the Rolfer

Nicola Carofiglio × Hiroyoshi Tahata

Interpreter: Satomi Furukawa



Host: The Japanese Rolfing® Association



ROLFING | NICOLA  
MOVEMENT | CAROFIGLIO

WOLEWELL | CAROFIGLIO  
BORGHESE | NICOLA



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## Introduction

From body use to gravity use, cultivating the craft of listening.

With contributions from embryology, early child development, human body morphology compared with the animal one, we will inquire I. Rolf's Quote "Gravity is the therapist" as well as remapping and coordinate sense-motor patterns which could orient and stabilize the practitioner's interventions ( body reading, quality of presence, sense of closure).

Touch is a movement. We move in order to touch. Our bodies are continuously informed by the tensile, tactile relationship to the inherent movement of the earth.

When the Rolfer places his hand on the client, he actively stills the ongoing feedback/forward process of exchange with the Gravity in order to move with his intention through the layers of tissues.



What are the spatial pathways which pattern our personal and unique touch? What are the subtle body indicators for depth, direction, duration, quality, quantity? How does a Rolfer performs his A-where-ness?

This workshop introduces new methods by Nicola Carofiglio.

The assistant instructor is Hiroyoshi Tahata, who is a Rolfer™ and a Dr. Ida Rolf Institute movement™ instructor from Japan.

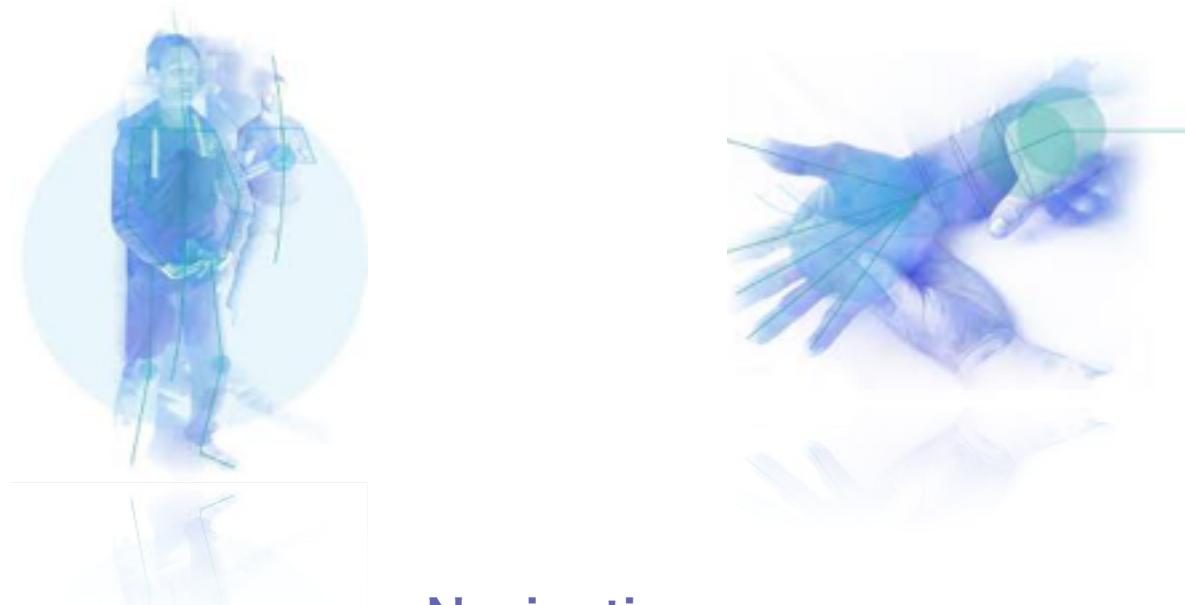
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It is interesting to see how they will have inspiration to work together. We will be excited to find out the new story of Rolfing.

Hiro' Tahata developed his original method of "Art of yield", which is based on the oriental perspective with unique ideas and techniques.

He is often called as "The Oriental Space Master" in Japan.

In this time, we would like to introduce and provide the opportunity to explore intellectual senses, which including space "MA" and the body through Oriental and Occidental approach from both instructors.



## Navigation

In this class, we mainly use massage table for work. To how direct the sense of the practitioner side, and how do you observe it? We will explore the "MA" (like the field of space) where the desired resonance occurs so that the body becomes a neutral medium.

It feels like sequel to Em-body Orient/ Occident conducted from the point of view of the body technique practitioner, this is medium body from a boundary with the space created as a "MA" by one's own body sense. How can we resonate our body to field of "MA" with feeling gravity. We must feel yourself without any mind, it might be just feel into universe.

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There, they try to focus on the whole fluid situation by simply grasping the space and believing in the physical body sense towards the Hara (Tanden) and maintaining the cognitive ability to use the practitioner's gravity.

They will guide you to follow the "MA" principle of only being able to convert the overall resonate you to feel there into a coherent state.

For any Rolfers, of course SI practitioners and other physiotherapy practitioners, it will be an approach from a different perspective, however, think of it as one of new drawers, could be awesome opportunity.

Dancer, choreographer, shiatsu (Level 3) martial arts, Gyrotonic® trainer, Rolf Movement® instructor and Nicola has various variety of backgrounds with to be able to cope with various people in any field.

The collaboration with Hiro, who recognizes and creates a "MA", might be unite the differences born from the different cultures of the East and the West. Although this workshop sound like a improvisations drama that can be felt like as a life, it is a further exploration based on the knowledge and experience of both instructors, and you will be experience and resonate together in this "MA". There is no doubt that it will be a very inspire experience of your future life. If you get some feel, please join us.

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**[Participants:]** 8 (min,) 18(max,)

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**Early Bird Price by 15th May**

**Note:** We will officially announce the venue of tuition fee and more details at the beginning of June.

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**Date/Signature** 2019/ /

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**[Contact]** The Japanese Rolfing® Association member Kushi

rolfinder94@gmail.com

<http://www.rolfing-den.com>



**Sponsorship: The Japanese Rolfing® Association**

## < Payment / Cancellation Policy >

= application / payment =

- The seat will be secured temporarily by receiving the application in order of arrival via email, and confirmed by receiving a confirmation of the deposit of the bank transfer.
- Please send the deposit, JPN ¥50,000 (There might be a change due to the workshop scale.) within 2 weeks to the bank detail, which is written in the email.
- If the deposit has not arrived by the dates, your reservation will be transferred to next applicant.
- If the tuition fee is based on the fluctuation system, final tuition fee will be confirmed either when the number of participants reaches the maximum or the number of participants 3months before the workshop.
- The payment of the remaining balance shall be made by transferring the amount specified in the designated account between 3~2 months prior to class start.

## < Cancellation >

= Cancellation due to The Japanese Rolfing® Association (JRA), instructor's circumstances =

- 1) If it does not reach the minimum number of participants at the 3 months before the class starts -> The class will be cancelled -> The deposit will be refunded. (The transfer fee is paid by JRA)
- 2) In case of 3 months before the start of the class, if it is more than the minimum or less than the maximum number of participants,  
-> The workshop will be held!  
(If the tuition fee is based on the fluctuation system, the tuition fee will be fixed by the number of applicants at this point. Even if applicants increase, there will be no change.)  
-> If it is canceled for any reasons, All fee will be refunded. (The transfer fee is paid by JRA)
- 3) When the maximum number of participants is reached 3 months before the class starts  
-> The workshop will be held!  
(If the tuition fee is based on the fluctuation system, the tuition fee will be fixed at this point.)  
-> If it is canceled for any reasons, All fee will be refunded. (The transfer fee is paid by JRA)

(In this case, factors related to cancellation may be natural disasters, instructor's immigration…etc.)

## < Cancellation by participant's convenience >

- 1) Prior to 3 months to the start of the class -> The deposit will not be refunded.
- 2) Prior 3 months ~ 1 months before the class start  
-> Half price of the tuition fee except the deposit. (the transfer fee is owned)
- 3) In case of before class starting 4 weeks -> No refund

In any case, the association exempts from all expenses other than the tuition fee.  
(e.g. travel expenses.)

by The Japanese Rolfing® Association

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