

THE TIMELESS ELEGANCE OF CLASSIC STRUCTURAL INTEGRATION

THE TIMELESS ELEGANCE OF THE RECIPE PRAHA MAY 31 - JUNE 5 2022

FROM DR IDA ROLF'S FIRST DRAFT TO THE PRESENT DAY
6 Days Learning, Sharing and Exchanging

SECTION	TITLE	TYPE	WHO	TIME	DATE
REGISTRATION	WELCOME	RECEPTION	EGSI	1.5	31/05/2022
PLENARY SESSIONS MORNINGS	Session 1	Conference	Aleš Urbanczik Bert Schmitz	3H	31/05/2022
	Session 2&3	Conference	Nilce Silveira Fulvio Faudella	4h	01/06/2022
	Session 4&5	Conference	David Davis Neal Powers	4h	02/06/2022
	Session 6&7	Conference	Nilce Silveira Aleš Urbanczik	4h	03/06/2022
	Session 8&9	Conference	David Davis Adam Polański Neal Powers	4h	04/06/2022
	Session 10	Conference	David Davis Fulvio Faudella Adam Polański Neal Powers Nilce Silveira Aleš Urbanczik	3H	05/06/2022
	EGSI Movie	Projection	EGSI	1H	05/06/2022
POST-10 SINGLE SESSIONS	Post-10 Single Session	Experiential	Nilce Silveira	3H	01/06/2022
	Post-10 Single Session	Experiential	Neal Powers	3H	02/06/2022
	Post-10 Single Session	Experiential	David Davis	3H	03/06/2022
	Post-10 Single Session	Experiential	Fulvio Faudella	3H	04/06/2022
RECIPE GEMS	Trusting One's Intuition	Experiential	Neal Powers	3H	01/06/2022
	Preparing Session 7 In 1 Through 6	Experiential	Aleš Urbanczik Nilce Silveira	3H	02/06/2022
	The Mystery of Psoas/ Rhomboid Balance	Experiential	Aleš Urbanczik	3H	03/06/2022
	Recipe Movement Review	Experiential	Adam Polański	3H	04/06/2022
SI SOUL	BodyMindFulness in SI	Experiential	Bert Schmitz	3H	01/06/2022
	Anima Fascia Form	Experiential	David Davis	3H	02/06/2022
	Gravity Dance - an unusual approach to the usual	Experiential	Fulvio Faudella Adam Polański	3H	03/06/2022
	Client/Therapist Relationship in SI	Experiential	Bert Schmitz	3H	04/06/2022
PARTY	EVENING PARTY		EGSI	: -)	05/06/2022

SI Recipe & Journey (only for SI Practitioners - 'Hands On'): This is the level where you will receive hands-on work. You can pick, on a 'first come - first served' basis, your Post Ten and Recipe Gem workshop, as well as 2 SI Soul workshops.

SI Journey ('Hands Off'): This is the level where you can 'audit'. Recommended for SI students, bodyworkers, massage therapists, Yoga/Pilates teachers etc... You can pick, on a 'first come - first served' basis, one workshop from each category and enjoy the sights of Prague on one of the afternoons.

SI Recipe Wisdom: You can participate in all plenary sessions on the recipe in the morning and enjoy the sights of Prague in the afternoons. Recommended for any bodyworker interested in Classic Structural Integration.

TUITION:

SI Recipe and Journey :	1'400€
SI Journey :	900€
SI Recipe Wisdom :	600€

EGSI members will receive discounts for any level.

Advanced Training 2022 participants can attend "SI Journey" or "SI Recipe Wisdom" and will receive a discount on their tuition.

THE TIMELESS ELEGANCE OF THE RECIPE



THE TIMELESS ELEGANCE OF THE RECIPE
From Ida Rolf's first draft to the present day

Join us in celebrating EGSII's 10 year anniversary and
Dr. Ida P. Rolf's 125th birthday.

6 days of learning, sharing and exchanging

Praha
May 31 – June 5
2022

European **GSII**
Guild for Structural Integration
in the tradition of Ida P. Rolf Ph.D.
www.rolfguild.eu

OUR PERSONAL EVOLUTIONARY POTENTIAL LIES WITHIN US
It is the originality of the message of MYSTIC and OCCULTISTS in changes brought about by
THE FUNDAMENTAL STRUCTURAL INTEGRATION.

A 6-DAY FULL IMMERSION IN THE WISDOM OF THE RECIPE

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OVERALL SCHEDULE

MAY 31

JUN 1

JUN 2

JUN 3

JUN 4

JUN 5

WELCOME
REGISTRATION

SESSION
1

SESSIONS
2&3

POST10 Single Session

SI SOUL GENERAL

RECIPE GEMS

SESSIONS
4&5

POST10 Single Session

SI SOUL GENERAL

RECIPE GEMS

SESSIONS
6&7

POST10 Single Session

SI SOUL GENERAL

RECIPE GEMS

SESSIONS
8&9

POST10 Single Session

SI SOUL GENERAL

RECIPE GEMS

PARTY

SESSION
10

RESEARCH

TRAINING CATALOG STRUCTURE

RECIPE

PLENARY SESSIONS: These sessions involve all the attendees in all the mornings of the event and also in the first afternoon. During these sessions we'll be conducted in the aspects related to specific session of the recipe. Following the whole flow we'll see, through the eyes of teachers, the evolutionary path hidden in the recipe.

FORMAT: Lecture, Discussion, Q&A and the teachers may decide to do a demo

POST10 Single Session

POST 10 SINGLE SESSION: These sessions are aimed to provide the practitioners a way to refine their own approach to a single session post ten. Practitioners will also exchange a session in couples. In these sessions Auditors are going to be present.

FORMAT: Lecture, Teacher Demo, Guided Practitioner Exchange

RECIPE GEMS

RECIPE GEMS: These sessions are going to be about those aspects of the recipe that emerge only after long a practicing. The teachers will unfold some of these aspects for the attendees. They might want to talk about them, do a demo and foster the experience in the attendees that can exchange experience in groups with a limited number of tables.

FORMAT: Lecture, Teacher Demo, Guided small groups experiential practice – not full session.

SI SOUL

SI SOUL: in these workshops we are going to discuss about those intangible assets casted in SI work

FORMAT: Lecture and/or Meditation and/or Discussion. Experiential aspect needs to take into account that there will not be tables.

WELCOME/PARTY/FILM

WELCOME/PARTY/FILM: Welcome will be in the morning of the first day. Party on Saturday night. Film on the last day.

PLENARY SESSIONS

SESSION 1 WITH BERT SCHMITZ & ALEŠ URBANCZIK

WHEN	START	END	DURATION	WHO	ROOM
MAY 31	2:00pm	6:00pm	4h	Bert Schmitz Aleš Urbanczik	

DESCRIPTION:

In Structural Integration we start connecting to what we are, here and now, through our body sensations. The result of a first SI session is special. It often opens a window on the outcome of the ten sessions. A sense of wholeness, and a taste of the experience of S.I. A landmark of flow and connectedness.

Basic Series is a process that has a beginning, a middle and an end. Session 1 starts this process.

Bert Schmitz and **Aleš Urbanczik** will initiate the process and open the 10 series.

SESSION 2&3 WITH FULVIO FAUDELLA & NILCE SILVEIRA

WHEN	START	END	DURATION	WHO	ROOM
JUNE 1	9:00am	12:30am	3.5h	Fulvio Faudella Nilce Silveira	

DESCRIPTION: Sessions II and III

Second session brings the foundation to our intimate meanings. It works with the form and the function of our relation to the world, expression of unique vertical and moveable condition.

As we take the world in, a new breath rises from within, self expands to meet all the things. Third session as the integrative moment of the three first superficial sessions. It connects earth and heaven, above and below, front and back, past and future.

Nilce Silveira and **Fulvio Faudella** will lead this journey.

SESSION 4&5 WITH DAVID DAVIS & NEAL POWERS

WHEN	START	END	DURATION	WHO	ROOM
JUNE 2	9:00am	12:30am	3.5h	David Davis Neal Powers	

DESCRIPTION:

This is another pivotal point in the recipe, we're entering in the core of the process and into the core of the client: in the deepest structures and in the deepest being. There is a change in pace and in the rhythm that must be honored and perceived. How do we do this?

David Davis and **Neal Powers** will share their experience and guide us thru the process.

SESSION 6&7 WITH NILCE SILVEIRA & ALEŠ URBANCZIK

WHEN	START	END	DURATION	WHO	ROOM
JUNE 3	9:00am	12:30am	3.5h	Nilce Silveira Aleš Urbanczik	

DESCRIPTION:

These sessions conclude the core session project 4-7 and open the doorway to the integrating sessions 8-10. The recipe gets more and more sketchy: 'Free the sacrum' and 'Put the head on' are their slogans and 'Create a unified spinal field' the intent.

What it means? How to do? What are the impacts for the human being?

Nilce Silveira and **Aleš Urbanczik** will guide us thru the importance of these goals and are going to provide the needed structural and functional content.

SESSION 8&9 WITH DAVID DAVIS & ADAM POLANSKI & NEAL POWERS

WHEN	START	END	DURATION	WHO	ROOM
JUNE 4	9:00am	12:30am	3.5h	David Davis Adam Polanski Neal Powers	

DESCRIPTION:

With 8th and 9th the practitioner needs to shift her intention from taking the body *apart* to integrating the body segments as a *whole system*. This mind set is needed in every session and here is when it's unavoidable thinking the human being as an integrated structure.

We're going to explore why asking for movement is imperative and what are the hallmark of integration. Together with the importance of the specific use, during these two sessions, of sitting and standing positions are also recommended.

Neal Powers, David Davis and Adam Polanski will conduct the enquiry on these elusive and powerful sessions.

SESSION 10 WITH DAVID DAVIS & FULVIO FAUDELLA & BERT SCHMITZ & NILCE SILVEIRA & ADAM POLANSKI & NEAL POWERS & ALEŠ URBANCZIK

WHEN	START	END	DURATION	WHO	ROOM
JUNE 5	9:00am	12:00am	3.5h	David Davis, Fulvio Faudella, Bert Schmitz Nilce Silveira, Adam Polanski, Neal Powers, Aleš Urbanczik+ Guests and Friends	

DESCRIPTION:

10th it's almost time to say goodbye but before we do there are still some duty that must we need to attend. This is definitely always a special session and that is why we need all of our faculty to help us understand what happens now. What's he journey it's going to happen to the client and what for the practitioner now.

EGSI faculty will share its wisdom: Neal Powers, Nilce Silveira, David Davis, Bert Schmitz, Aleš Urbanczik, Fulvio Faudella and Adam Polanski

POST 10 SINGLE SESSION

The process of evolution and self-development does not stop after the 10 initial sessions. It is a process for our whole life and each SI session should add something new to a person's life. In post 10 work we're not doing maintenance but we're installing upgrades.

Our job is to try to evaluate the best approach to bring more benefits, to better integrate that person in the gravity field. All we know about the recipe will be our guide.

A POST 10 SINGLE SESSION WITH NILCE SILVEIRA

WHEN	START	END	DURATION	WHO	ROOM
JUNE 1	2:00pm	6:00pm	4h	Nilce Silveira	

DESCRIPTION: see introduction

A POST 10 SINGLE SESSION WITH NEAL POWERS

WHEN	START	END	DURATION	WHO	ROOM
JUNE 2	2:00pm	6:00pm	4h	Neal Powers	

DESCRIPTION: see introduction

A POST 10 SINGLE SESSION WITH DAVID DAVIS

WHEN	START	END	DURATION	WHO	ROOM
JUNE 3	2:00pm	6:00pm	4h	David Davis	

DESCRIPTION: see introduction

A POST 10 SINGLE SESSION WITH FULVIO FAUDELLA

WHEN	START	END	DURATION	WHO	ROOM
JUNE 4	2:00pm	6:00pm	4h	Fulvio Faudella	

DESCRIPTION: see introduction

RECIPE GEMS

TRUSTING ONE'S INTUITION WITH NEAL POWERS

WHEN	START	END	DURATION	WHO	ROOM
JUNE 1	2:00pm	6:00pm	4h	Neal Powers	

DESCRIPTION: Trusting one's intuition develops over time with experience and practice. Within the parameters of Dr Rolf's guidelines participants will be provided with straightforward tools to facilitate the development of their individual style of Structural Integration.

Neal Powers will share his evaluation approach and how he *see-feel* the body/client.

PREPARING SESSION 7 IN 1THROUGH 6 WITH NILCE SILVEIRA & ALEŠ URBANCZIK

WHEN	START	END	DURATION	WHO	ROOM
JUNE 2	2:00pm	6:00pm	4h	Nilce Silveira Aleš Urbanczik	

DESCRIPTION: A "bon mot" attributed to Ida Rolf states that the first six sessions are merely there to prepare for session 7. Indeed, in sessions 1 to 6 we do work on the emergence of a better support for the 5kg head. But how could we work in these sessions on the cranium itself to have it ready for 7?

These are the questions Nilce Silveira and Aleš Urbanczik will investigate going through anatomy and techniques of cranial work in sessions 1 to 6.

PSOAS/RHOMBOID BALANCE WITH ALEŠ URBANCZIK

WHEN	START	END	DURATION	WHO	ROOM
JUNE 3	2:00pm	6:00pm	4h	Aleš Urbanczik	

DESCRIPTION: Ida Rolf's 8th/9th hour consideration to "Balance the Psoas and the Rhomboids" has proved challenging for many practitioners. No wonder. The psoas itself is a mysterious muscle, the rhomboids are difficult to feel, let alone use, so their balancing seems at first out of reach.

Aleš Urbanczik will first investigate the psoas, then the rhomboids and then explore what the balance between the two could signify.

MOVEMENT IN THE BASIC SERIES WITH ADAM POLANSKI

WHEN	START	END	DURATION	WHO	ROOM
JUNE 4	2:00pm	6:00pm	4h	Adam Polanski	

DESCRIPTION: Movement is embedded throughout the basic series of dr. Ida Rolf recipe. During this workshop Adam Polanski will review with the practitioners the movements used in each session. Movement is inherent in the recipe: on the table, sitting and standing. As *manual* teachers the movement reeducation starts on the table during manual work, sometimes just before the table work in session one. Movement during the basic series is tool of awareness and of body organization.

SI SOUL

BODY MIND FULLNESS IN SI WITH BERT SCHMITZ

WHEN	START	END	DURATION	WHO	ROOM
JUNE 1	2:00pm	6:00pm	4h	Bert Schmitz	

The experience of Structural Integration and Non-dual consciousness or “the natural state”.

How we perceive the world is influenced by our conceptual mind. Kairos (intuitive mind) and Chronos (thinking mind) are its leading factors. Structural integration opens the bodymind through the experience of flow and the feeling of inner connectedness.

The “line” and the “here and now” are becoming a felt sense, and the markers of a non-dual space of awareness. The first session opens a window in that awareness.

ANIMA FASCIA FORM WITH DAVID DAVIS

WHEN	START	END	DURATION	WHO	ROOM
JUNE 2	2:00pm	6:00pm	4h	David Davis	

Anima is a current of air, wind, breath, the vital principle, life or soul.

Fascia is the medium of giving the Vital essence form, Dr. Rolf called it the organ of form in the human body. It is plastic. It can hold chronically or be fluid, resilient and responsive. David Davis considers fascia as the organ of three-dimensionality and the materialization of consciousness. He will share with participants his way of working with the Anima taking form in the body, as the body.

By expanding the view of core (being) and sleeve (doing) we flesh intention into working the whole being.

GRAVITY & LINE EXPLORATIONS WITH FULVIO FAUDELLA & ADAM POLANSKI

WHEN	START	END	DURATION	WHO	ROOM
JUNE 3	2:00pm	6:00pm	4h	Fulvio Faudella Adam Polanski	

In this poetic, experiential workshop Fulvio Faudella and Adam Polanski will present their point of view on gravity and body alignment – a subject so close to all SI Practitioners. Then they will guide practitioners in the exploration of gravity and line. Structural Awareness will be achieved through guided body meditation/exploration. A very intimate experience within our body.

CLIENT/THERAPIST RELATIONSHIP WITH BERT SCHMITZ

WHEN	START	END	DURATION	WHO	ROOM
JUNE 4	2:00pm	6:00pm	4h	Bert Schmitz	

The therapeutic relationship in structural integration

Bert Schmitz will help us understand the therapeutic relationship. This is such a delicate common space for practitioner and client for practicing listening and seeing. Ideally it's an identity-free-space, void of judgement and open for patience, abundance, freshness, beginners mind, concentration and compassion.

Such a space functions as a context of connectedness and a source of information for the flow and progress in the sessions of structural integration.

WELCOME/PARTY/FILM

WELCOME/PARTY/FILM

WELCOME

WHEN	START	END	DURATION	WHO	ROOM
MAY 31	11:00am	2:00pm	3h	To be defined	

DESCRIPTION: attendees are welcome to arrive with some notice in order to complete the registration process, receive the badges to access to the workshops and lectures and to mingle together.

PARTY

WHEN	START	END	DURATION	WHO	ROOM
JUNE 4	8sh pm	11:59pm		ALL FACULTY STAFF AUDIENCE	

DESCRIPTION: well...it's a party: let's have fun.

FILM

WHEN	START	END	DURATION	WHO	ROOM
JUNE 5	12:00am	1:00pm	1h	Aleš Urbanczik	

DESCRIPTION: Presentation and projection of the Documentary about the EGSI Basic Training.

OPTIONAL CONTENT

An aperitivo with the Faculty and Friends: A chat in front of a glass of beer with EGSI friends and Faculty. Details to be announced.