

Path to Becoming a Certified Rolfer™

Accelerated Foundations of Rolfig® Structural Integration Program

Education

Admissions to The Rolfig Institute®

1. An official academic transcript showing at least 60 credit hours at an institution of higher education.

OR

A High School diploma or equivalent AND Official documentation verifying equivalent coursework and success in an adult education program.

Please note: AFORSI students may use their massage school transcript to satisfy the requirement for equivalent adult education coursework.

2. Submission of a written 2-3 page personal life experience essay. Please contact the Admissions Advisor for the essay questions and requirements.
3. Completion and approval of an application and required enrollment forms.
4. Submission of a resume and solo headshot photograph (for identification purposes).
5. Verification of having received at least three sessions of the Rolfig Ten-Series from a Certified Rolfer.
6. \$50 Application fee. (Fee will be refunded if student is not admitted or has not signed an enrollment agreement.)
7. Completion of a minimum 250-hour bodywork program. Students must submit an official transcript that shows at least 47 hours of Anatomy, 21 hours of Physiology, 45 hours of Massage or other approved touch training, and 15 hours of Therapeutic Relationship.
8. 50 documented hours of post-graduate massage practice experience or comparable clinical experience.

Written assignments are due 2 weeks before Accelerated Foundations begins.

Phase I: Accelerated Foundations of Rolfig Structural Integration

87 hours ~ Two weeks ~ \$1,785 + fees

There is no requirement for a study interval between Accelerated Foundations of Rolfig Structural Integration and Embodiment of Rolfig SI & Rolfig Movement® Integration.

Prior to Embodiment of Rolfig SI & Rolfig Movement Integration:

- Verification of having received the Rolfig Ten-Series from a Certified Rolfer™ at least six months prior.
- Verification of having received five Rolfig Movement Integration sessions from a Certified Rolfig Movement Practitioner.

Written assignments are due 4 weeks before Embodiment of Rolfig SI & Rolfig Movement Integration begins.

Phase II: Embodiment of Rolfig Structural Integration & Rolfig Movement Integration

244 hours ~ Eight weeks ~ \$6,851 + fees

A three-month study interval is required between Embodiment of Rolfig SI & Rolfig Movement Integration and Clinical Application of Rolfig Theory.

A mentorship with a Rolfer for supervision and practice of skills is highly recommended during the study interval between Embodiment of Rolfig SI & Rolfig Movement Integration and Advanced Rolfig Certification Program.

Written assignments are due 4 weeks before Clinical Application of Rolfig Theory begins.

Phase III: Clinical Application of Rolfig Theory

269 hours ~ Eight weeks ~ \$7,172 + fees

YOU'RE A CERTIFIED ROLFER™!

Membership

RISI MEMBERSHIP

Graduates are Rolfig Institute Members for their first 12 months at a discounted rate and have access to Rolfig Institute service marks and membership benefits.

To maintain your membership, \$450 per year for dues plus \$75 for an optional online directory listing.

Required Continuing Education

A minimum of 18 days of approved CE over a period of 3-7 years (or 9 years if already a Rolfig Movement practitioner) is a prerequisite preparation for Advanced Rolfig Certification.

Rolfig Movement Integration Certification

Offered as a series of workshops focusing on various aspects of a unified movement theory. 30 training days required over a six-year period plus \$150 processing fee.

YOU'RE A CERTIFIED ROLfig MOVEMENT® PRACTITIONER

Certified Advanced Rolfer Training

Focus is on developing individualized design of sessions to meet the immediate needs of the client. Prerequisites: 18 days of approved CE hours as described above. \$5,775

YOU'RE A CERTIFIED ADVANCED ROLFER™!