

# Japanese & European Instructors joint lecture, Rolf Movement Workshop

## DIVERSITY

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A Rolfer™, Mr. Hiroyoshi Tahata, contacted the editorial department for the first time in about a year. The first collaboration with an Italian certified Rolfer™ seems to have brought him a great learning experience. Here, he reports the experience.

## Inviting Nicola-Carofiglio, “European Rolfing Association” Rolf movement® Faculty

At the end of last year, Mr. Masahiko Kushizaki, a Rolfer who completed European training emailed me that; “a Rolf movement faculty of “European Rolfing Association”, named Nicola is hoping to teach classes in Japan with Mr. Tahata,” trying to sound out my feeling about the request. Mr. Kushizaki, who loves surfing and has been

enthusiastically pursuing waves around the world, says there is a person that he wants to introduce to me. According to him, Nikola seems to favor and be very interested in the technique using “*Ma*” and “*Yield*” that I have been reporting in the Journal of the Rolf Institute.

The Rolf Movement™, in recent years, has been further developed introducing a unique theory that uses perception by a European instructor, Hubert Godard. How does my work appear in Nicola’s eyes as he follows this trend? Co-hosting a workshop with someone that I have never met must be quite challenging. But, I decided to believe in Mr. Kushizaki's intuition.

One of the major themes throughout the six-day class was how to create a safe and secure “place”, which is the most basic in the treatment and session. The keyword was embodiment. The morning starts with movement meditation guided by Nicola. By touching the pillars and tatami mats of the venue one by one, you realize that you are in this space at this moment. The venue gradually becomes familiar, changing into a space that you feel safe.



Lecture on the arm from an embryological point of view.

Nikola speaks English, German and French in addition to his mother

tongue Italian, and has a profound knowledge of Latin. He tries to

convey the meaning of each word from the etymology and the sound.

There is “silence” in the sound of his voice, in the way to pause

between words and in the subtlety of every movement. Even the

occasional dynamic movements do not disturb the flow or the field. The

reason for that must be partly because of his experience as a dancer.

In the first half of the class, like a freestyle rap, the next

demonstration was determined following the demonstration of the

participant. Most of those demonstrations were works I had never tried.

At the end of the third day, Nikola was deeply moved to tears.



Demonstration of work on the arm by Nicola. Inputting new movements into the radius and ulna.

The second half of the class aimed to embody Dr. Rolf's word; “It is gravity that is the therapist”, and to practice the materials learned in the first half of the class on the massage table. The cycle from Nicola's demonstrations to exchange sessions between students, to sharing experiences, and then, to my demonstrations continues. Nikola presents demonstrations focusing on “silence” as the sound of gravity; whereas I demonstrate with an emphasis on the intersubjective “Ma” to

feel comfortable. As an instructor, I experienced a feeling of live and a sense of tension as if conducting an experiment. Students were inspired by the demonstrations and practiced following them. By sharing the experience as a whole, participants deepen their understanding three-dimensionally, which are embodied throughout the body beyond understanding in their brain. It became such deep experience that the silence of each individual got deepened, and the affinity not only for gravity but also for the space gradually increased as practice repeated.



The author giving a demonstration. Inducing the movement and feeling relying on the whole body before working on the thorax and throat.

At the end of the class, Costas, a Greek who attended the workshop

gave us praiseful feedback quoting Aristotle's words for seeing us,

instructors, inspiring each other. "One of the ideal that was considered

to be the most valuable in ancient Greece was a friendship between

good-hearted individuals who share the same values. I saw the

friendship between you two. I hope that you keep the relationship."



Masahiko Kushizaki (center) obtained the required 30-day credits at the completion of this class and was certified as a Rolf Movement™ practitioner. I would like to pray for his future success.

The materials covered in this class should have been significantly helpful to foster the proper attitude and awareness before technique as a practitioner and for practitioners seeking for creative sessions. I cannot thank enough to Mr.Masahiko Kushizaki, the coordinator of the course; Ms.Tomomi Furukawa, an interpreter; and the participants who subscribed to the course. A few months has passed since the class, but the sound still is in my mind. Just as the sound of waves attenuate but never disappear, the vibrations that resonated together throughout the class seem to continue resonating in and around the body.

The article is edited from the January 2020 issue of Sotokoto Magazine for this website. The contents described are the information at the time of publication and may differ from the situation as of today. We would like to ask for your understanding.

text by Hiroyoshi Tahata

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#### Keyword

- [Issued in January 2020](#)
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## Nicola Carofiglio

He studied dance in Italy and Germany and has been a successful dancer and choreographer for over 20 years. He deepened understanding of the body through shiatsu and began exploring the mind and body. Then, he learned Rolfing® and Gyrotonic Expansion System®. He has his base in Italy, currently working as a Rolf Movement® faculty at the European Rolfing Association (ERA). He has assisted many Rolfing trainings and is tremendously popular among other instructors and students, having a high reputation as an enthusiastic talented person. [www.thinkingbody.it](http://www.thinkingbody.it)

## Hiroyoshi Tahata

After working as a researcher at Hayashibara Biochemical Research Institute, he became certified as a Rolfer by the Rolf Institute in Boulder, Colorado, USA in 1998. He designed Rolfing® as a delicate intervention with a dynamic sensation, mainly offering personal sessions. In 2009, he was appointed as a Rolf Movement® faculty at the Rolf Institute, providing a Rolf Movement certification program in Japan and abroad that integrates the cell biochemical perspective and the unique concept of Japan; a point above the navel and Ma. [www.rolfinger.com](http://www.rolfinger.com)