

## **Feedback about the “Move-in Mind” Sensory-Motor Imagery Training workshop with Monica Canducci**

European Rolwing Association (Vetan, AO, Italy, March-April 2012)

### **Pascal Di Lauro (Certified Rolfer)**

The training with Monica Canducci allowed me to understand and test the functioning of the nervous system at different levels:

- the experiential **way of movement** (Beamish Bodymind Balance®) with which I have experienced the efficiency of movement which I treasure for me and my clients
- **theory and practice of language** as a way of "remapping" the nervous system of which I had no experience in these terms, but towards which I understand the potential of words and its use
- practical **experience with people with disabilities** during the training, the experience gained in recent years by Monica, gave me the confidence to be useful even in an area that previously I had not considered.

In these days after the training my Rolwing S.I.® sessions appeared to me more creative and the fact that we worked during the Motor Imagery Training workshop all these levels made it intense and really useful.

### **Daniela Risser (Certified Rolfer)**

It has been an experience which has enriched me very much professionally as well as on an inner and human level. It has given new inspiration, creativity and comprehension to my daily practice as a Rolfer. Monica Canducci has shared her unique synthesis of therapeutic approach with generosity, ability, concreteness and maturity, opening to us a wide spectrum of possibilities of imagination, communication and movement which enriches and turns tridimensional our field of action as Rolfers. Personally I think that this training would be useful for all Rolfers, also if you don't want to work with people who have brain or spinal damage. The techniques we have learned are useful during every Rolwing session, strengthening our possibilities of successful results.

The Beamish Bodymind Balancing has been a very useful experience for me. First of all it helped me to perceive inside of myself more clearly my middle line, my possibility to activate my core and to gain, perceive and activate my counter directions. This experience has helped me to embody these concepts which until then in part were still intellectual and theoretical.

By my opinion I believe that Monica has created a great connection between the principal concepts of Rolwing, the principal themes of the 10 sessions and the exercises of Beamish.

Any client, during or after the 10 sessions, should learn these exercises which he can continue to practice in total autonomy at home to maintain alive the results he has gained towards Rolwing.

For the Rolfers...I would recommend it to all!

### **Miita Mazzali Fulgenzi (Certified Advanced Rolfer & Rolf Movement Practitioner)**

The Sufi tale that Monica Canducci told us in the beginning of the Sensory-Motor Imagery Training workshop explains in a good way its goals. <<A man was drowning in a lake. Many people around him were trying to save him and shouting: “Give me your hand!” But he didn't. A Wiseman came near the lake and asked: “Who's that man?” “He's a stingy man of the village!” The Wiseman cried to him: “Take my hand!” Immediately the stingy grabbed the Wiseman's hand and saved himself.>>

Finding words and playing with imageries that work best for everybody so to enhance a change towards a new, functional movement schema; activating the mirror neurons by many different ways; modulating intervention are all excellent tools to work with each of our clients. Even more effective tools they are working with people that underwent a neurological disease.

Working with such a people was, for my colleagues and for me, a touching experience. The results, for us and for the clients, were beyond our expectations. This approach is much "easier" that one could think.

This is a seminar that I recommend to every Rolfer.

### **Rita Balestri (Certified Rolfer & Rolf Movement Practitioner)**

The different skills of Monica Canducci enriched my therapeutic approach where words and imaginary process, in synergy with our physical work, become instruments which evoke and reintegrate lost functions. The result is a global approach where listening, intuition, creativity become a very stimulating fusion for the client as well as for the therapist. Together, client and therapist approach and experiment the possibility of retrieval and adaptability of our nervous system.

The Beamish Bodymind Balancing is by my opinion a great method to practice side by side with the 10 sessions of Rolfing or in the after 10th.

In fact, the exercises, limited in number and only apparently very simple, help in a very efficient way to regain tonus and elasticity of the pelvic floor, to perceive the middle line and the core (seen as the inner support). It also facilitates the sense of bipolarity.

It promotes elasticity and coordination. As all the exercises are followed by conscious breathing, it promotes consciousness, range of wideness and fluidity.

For myself it is a precious tool to continue to work on myself to maintain a good alignment and autonomy of my body.

### **Barbara Valaguzza (Certified Rolfer)**

I got my certification few days ago, and have always felt in these formative years the need to better develop the language of words inside Rolfing S.I.

Being able to touch with hands, eyes and words, in my opinion, makes a Rolfer a Rolfer truly complete.

The Sensory-Motor Imagery training was really helpful and I would recommend it to all Rolfer, not only for those who wish to approach even to clients with brain or spinal damage, but for everyone.

About the part dedicated to the use of language, it was not a pure communications course (where often the trainers flood of words so generalizing) but a course conceived and born from the direct experience of a Rolfer, Monica Canducci, who was able to convey his experience to very straight forward and concise, laying the foundations for a new approach to the customer.

About Beamish Bodymind Balancing, I attended the complete Beamish Bodymind Balancing Training Program with Monica in 2009, in order to become an instructor, before to start the Rolfing training, and I must admit that my experience in this method has been very helpful to me during the years of training as a Rolfer. At the same time, become a Rolfer helped me even more to understand and integrate the exercises of the Beamish Bodymind Balancing.

The capacity that is acquired during training to provide images of Beamish Bodymind Balancing and amplify the ability to use the imagery is a great support for customers.

This is not a series of exercises to do one after the other for pure "exercise", but the combination body-mind is strongly involved. The client learns to "talk" with his unconscious body and with his tonic function. The client can easily take up and acquire a language of images and then he could reuse it in the everyday life and to consolidate the results achieved.

It's definitely a very useful tool for the Rolfers to interact in their work with clients and it is useful to Rolfers themselves in their own personal path of perception and presence to and from others.

### **Lucia Isabella Grazioli (Certified Rolfer & Rolf Movement Practitioner)**

I find that the Sensory-Motor Imagery training can be a very valid help in my work as a Rolfer. Explore with the client the capacity of imagination can open a new world and can expand the possibility of movement.