

## Boulder Structural Integration Study Group

Dear Structural Integrators,

As I approach the 40<sup>th</sup> anniversary of my certification date, I look back on that day -- December 22, 1978. I was lucky because I lived in Boulder and I had easy access to the Rolf Institute. That meant easy access to workshops, classes, friendships, and session trades. I attended 10 consecutive annual meetings. I was a client of many faculty members and I served as a model in the Advanced Training. It was a deep immersion into The Work at a time that was formative both for structural integration and for me.

I will share a recent conversation over the transcript of my presentation at the 2018 IASI Symposium being published in the IASI Yearbook.

I was asked, "What year did you train? With Ida?"

My answer was, "Basic 1978 with Peter Melchior and Jim Asher. Advanced 1981 with Emmett Hutchins and Jan Sultan. Missed Ida by a class or two."

The reply was, "Wow, that's quite a Rolf pedigree!"

I knew I was a lucky duck in the 1970's when all this happened. I got my 10 in 1973 from longtime Houston Rolfer Michael McIver, who did his Advanced Training with Dr. Rolf in a class where both Peter and Emmett were students. Add sessions and 6-days with Stacy Mills, who saved me (story for another day) and showed me that fascia was not what I thought it was, even though I was a Rolfer. Yes, I was lucky to be in the right place at the right time and I got a very eclectic education up close and personal with the pioneers of structural integration.

That was 4 decades ago. How about today? By destiny or design, I have found my own way with The Work. For the first 15 years or so, I naturally assumed that everyone else worked as I did. Now in the last 25 years or so, I've come to see that maybe nobody else is doing what I do. But you could probably say that about every practitioner. What makes what I do so special?

The answer is that how I work is easily teachable and learnable. In all of my life's most momentous endeavors, I have displayed a strange kind of learning curve. In music, martial arts, and SI, I struggled with the early stages until I had a breakthrough that put me on the "other side". That gave me insight into how I learn and, by extrapolation, how other people learn.

The special part of my methods is that it makes structural integration easier to understand for the beginning practitioner. That is my objective here: to be helpful and supportive of the rookie Rolfer. If you are looking for that breakthrough that puts you on the other side, this study group is for you.

You don't have to take my word for it. If you want to get to know who I am and how I think about SI, you can check out my books at [www.ritchiemintz.com](http://www.ritchiemintz.com). You don't even have to buy the books. I offer free previews of all my books that will introduce my ways and myself. The two SI books are *Foundations of Structural Integration* (2012), and *From Adam & Eve to Ida Rolf* (2018). Both books are required reading for the study group.

There is another way for you to "meet" me and decide if you want to spend all these days with me. The transcript of my talk on Radiation Fibrosis and Droop Neck Syndromes at the 2018 IASI Symposium in Vancouver, WA is in the IASI Yearbook, out November 2018. I present a pretty clear picture of how I deal with these bodies that are at the outer extreme of what it means to be a random body. That article might help you decide if you are intrigued enough to join the study group.

There is a secondary agenda to this study group that could be considered primary. The eternal question hangs in the air: What is Rolfing? Dr. Rolf left a very clear roadmap as to what she thought her work is. But the further we get from her passing, the foggier it seems. What were her foundational ideas? As heirs to Ida Rolf, what do we have and what do we do that is totally and solely ours alone and not borrowed or stolen from any other disciplines? Who are we? What do we do? What should the world expect from us when they sign up for our services?

My intention for this study group is that, together, we will write a book that summarizes our answer to that question: What is Rolfing? That book will be submitted to the Body of Knowledge Committee (BOK) and added to that committee's collation of works that seek to answer that question.

CEU's will be structured as elective credits through RISI and IASI. Any certified practitioner from any IASI certified school is invited. I am looking for 6 participants for the study group to make. It might work with fewer than 6 but other arrangements would have to be made.

The study group is structured as quarterly 3-days. That is, 3 days every 3 months, 4 times, for a year. I hope to have the first 3-day in January 2019. The purpose of this letter is to assess interest and poll about dates and times.

<b>Title of workshop:</b>	Boulder Structural Integration One-Year Study Group
<b>Instructor:</b>	Ritchie Mintz
<b>Dates &amp; times of workshop:</b>	TBD
<b>Total contact hours:</b>	72
<b>Workshop Cost:</b>	\$95 / day
<b>Location:</b>	Rolf Institute, Boulder
<b>Primary Contact:</b>	Ritchie Mintz (ritchie@ritchiemintz.com); 512-789-5272

**Description:**

This class replicates the Austin SI Study Group that has met for 5 years. It's a 1-year inquiry of what goes wrong with all bodies – not this body or that body – but ALL bodies. When you understand what goes wrong with all bodies, you will be clearer on what to do with the body in front of you right now. Highlights: A deep dive into the recipe; historic origins of SI (leads to inventing your own techniques); the Magic Moment (my love song to the 5<sup>th</sup> hour), what is the Big IT?; the art of sitting back work; the Lumbo-Dorsal Hinge – what is it? Why doesn't it work? How to get it working?; what is a random body?; what is a "together" body?; The Line – what is it? Where does it go when it's gone? How to bring it back?; the elusive 4<sup>th</sup> hour explained, plus the special significance of 4<sup>th</sup> hour back work; 6<sup>th</sup> hour – what's your favorite vertebra?; 7<sup>th</sup> hour – how I get inside the head from the outside; 8 & 9 – what is integration? putting bodies together; what is the 10<sup>th</sup> hour?; what's the 11<sup>th</sup> hour?; what is the 12<sup>th</sup> hour? Specialties – pregnancy, delivery, post-partum, babies, children.

Class is taught through conversation, class clients, includes a 10-series. Work on each other. Special bonus – Working with Radiation Fibrosis and Droop Neck Syndromes. This is a practice maker and, on a worldwide basis, could put SI on the map. Much More!

**Instructor bio:**

Ritchie Mintz moved to Boulder with a BA in 1971. A chance meeting with structural integration teacher Peter Melchior led Ritchie to a lifetime study of the human body, its mysteries, and its magic. He trained at the Rolf Institute in 1978 and did his Advanced Training

in 1981. Ritchie lived in Boulder during formative years both for him and for the Rolf Institute. He was at the party that established RISI at 302 Pearl. He attended 6-day classes with all five of the original instructors appointed by Dr. Rolf. Ritchie presented at the 2018 IASI Symposium; his topic was Radiation Fibrosis & Droop Neck Syndromes – A Calling for Structural Integration. (See 2018 IASI Yearbook for transcript of that talk.)

Ritchie feels drawn back to Boulder after living in Austin, Texas for 36 years. He brings to this class his passion for the work, 40 years of practice, service on the RISI board of directors, and authorship of two books on structural integration. He also brings expertise in a system of movement that the Rolf Institute never heard of.