

## **REQUIREMENTS FOR THE ROLFING® TRAINING LEVEL 1, LEVEL 2, LEVEL 3**

### **For Level 1: Myofascial Foundation**

- Age 18+
- Our recommendation: 3 Rolfing® sessions

### **For Level 2: Structural Fascial Bodywork**

- Age 21+
- Training Agreement (conditions for Level 2 and Level 3)
- CV
- Completed vocational training or University entrance qualification (A-levels)
- First aid course, 1 day (max. 2 years ago)
- Police clearance certificate
- Successful completion of the Level-1 courses. Confirmation from the instructors of the last courses that all necessary skills were covered in the courses.
- Motivation– Letter: Please describe why you want to become a Rolfer®?  
(500 words minimum)
- **Rolfing® 10 series** received by a certified Rolfer® or certified SI Practitioner  
(last session latest 4 months before Level 2).
- A description of your personal experience with your 10 Rolfing® sessions (10 series)  
(minimum 500 words)

### **For Level 3: Rolfing® Structural Integration**

- Successful completion of Level 1 and 2
- 3 Rolf Movement™ sessions received from a certified Rolf Movement™ Practitioner.
- 2 Mentoring sessions by an approved Mentor (certified Advanced Rolfer®)
- Term paper (Deadline: 6 weeks after last day of Level 2)

### **INTERIM PERIOD:**

After each completed level, a break of a maximum of one year is possible. This depends on the schedule and/or the teacher's instructions.