

ROLFING® - Your body in balance

Imagine living in a flexible and balanced body that is free of pain, stiffness and chronic stress. Imagine your body at ease with itself and able to adapt to life's physical, mental and emotional challenges.

That is what can be expected from Rolfing, the highly respected process of soft tissue manipulation that balances and realigns your body by releasing tension and strain.

When she developed Rolfing more than 50 years ago, Dr. Ida P. Rolf, Ph.D. first called her work structural integration. It was Dr. Rolf's theory that the cause of human discomfort, both physical and emotional may lie in our internal connective tissue and the relationship it has with the earth's gravitational field.

There is, she argued, an optimal, more natural alignment for each of us - an easier interaction between self and gravity. When through external factors this alignment is lost, it causes internal stress that can result in real discomfort. Prevent or correct the misalignment and you may eliminate or limit the discomfort. This is at the heart of Rolfing.

Linking all internal structures within the human frame is the fascial web. This plastic connective tissue unites the structure of the inner form and divides its individual functioning units.

Fascia is constantly changing and adapting in response to demands placed on an individual's body. It reacts to particular physical damage - to a joint for example - by producing extra material to enhance stability and support. However, it can produce more than is necessary. In time, rather than stabilizing movement it can actually reduce mobility, leading to a changed postural position and altered patterns of movement.

Dr. Rolf called fascia the organ of form, and suggested that through deliberate, accurate and

targeted movement of this tissue, over all relief and well being could be achieved. Through the Rolfing touch, the elasticity and sliding capacity of the tissue can be restored and the body realigned in such a way that it can function with more ease. By introducing the influence of gravity on well being Dr. Rolf broke new ground. Scientific research supports her wisdom.

After completing ten sessions with a Certified Rolfer™ a client can expect to experience a greater sense of all over freedom. Better posture and improved movement can be expected. An enhanced understanding of how the body operates in harmony with gravity will be developed through the sessions. This new comprehension of the self can then be taken forward by the client and further experienced as a process of lifelong learning. Who can it help?

Educating clients away from physical patterns of movement that are out of line with gravity and negative to the whole being, a Rolfer can bring about positive changes in an individual that could last a lifetime.

Rolfing may be a new path taken by clients disappointed with their current health regime. Its holistic approach to overall well being may sit comfortably alongside other therapies.

Rolfing's greatest ambassadors are its clients. Rolfing is a reputable, trusted therapy that has been successfully undertaken and viewed as a positive experience by individuals who had previously lamented their sense of life quality and well being.

In a society that values a diverse approach to healthcare, Rolfing offers a tactile, chemical free practice that may be experienced by the client as beneficial to the whole person.

Clients with high body awareness, such as athletes and dancers, report and delight in the subtlest of changes that can assist in improved performance.