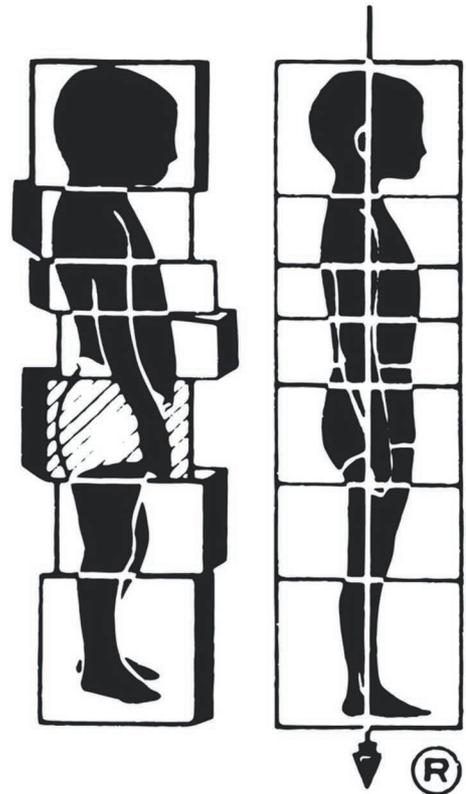


A Revolution in Rolfing®

This scientifically validated system of body restructuring and movement education may just be the answer to your stress, pain and bad posture



Doctor Recommends Rolfing®

Bodywork Technique Grounded in Gravity

The shape of the body often tells the story of a person's life and history. The unshapely curves are not always due to being overweight. Often times the relationship of body parts that is feet to knees, thigh to hip, hip to ribs, ribs to neck and head; these relationships twist, contort and misshape over time. There is still hope no matter what age you are. Rolfing can reorganise your structure. Rolf Method of Structural Integration is often the answer to lasting results.

"Rolfing literally releases the joints," Dr. Oz says. "When you talk to folks about the impact it has on them, a lot of them just stand taller. A lot is just freeing you up to live the way you're supposed to live."

– Dr. Oz (The Oprah Show)

<http://www.oprah.com/health/Your-Questions-Answered>

"Do you suffer from chronic stress, pain or bad posture? You may want to consider Rolfing. It is not simply massage, it is a system of deep manipulation of the connective tissues that aims to restructure the fascia (the sheath of tissue that surrounds a muscle) and relieve physical misalignment."

– Dr. Andrew Weil

<http://www.drweil.com/drw/u/TIP02924/Four-Reasons-to-Try-Rolfing.html>

What Is Rolfing®?

Rolfing was originally described as “Structural Integration” by its founder Dr Ida P. Rolf. Rolfing is a well established, scientifically validated system of body restructuring and movement education. It releases the body’s segment – legs, torso, arms etc. – from life-long patterns of tension and bracing and permits gravity to re-align them. By doing so, it balances the body.

Of all the forces affecting the human body, gravity is among the most powerful. Body misalignment in gravity results in chronic strain, lowered vitality and impaired biological and psychological functioning.

Because the body is better-balanced after Rolfing, it expends less of its vital energies against gravity. This biological energy – efficiency is often experienced as a higher level of alertness and vitality. Movement becomes easier and overall personal functioning tends to improve.

People of all ages come to Rolfing for help with neck pain, back problems, impaired mobility and other difficulties which originate with internal strains. Others seek to improve their appearance, to improve athletic performance, and to enhance personal growth toward a fuller realization of their potential.

Rolfing results in a feeling of fitness and wholeness. People who have been Rolfed stand and move with more surety and grace than before.

How Does Rolfing Align The Body?

To align the body segments, Rolfing systematically organizes the body’s soft, connective tissue network.

This connective tissue network, known as the myofascial system, is “the organ of structure” in the body. It supports the skeleton and soft tissues, positions the bones, determines the direction of muscle pulls and of movement, and gives the body its shape.

The human body holds itself erect with pairs of muscle groups functioning within a network of fascial sheaths. These pairs normally function in an antagonist relationship with one another. When one of the pair contracts the other must extend to maintain proper balance.

If that relationship is impaired through injury or chronic tension in one of the groups, the fascia conforms to the shortening and the rest of the body must compensate to maintain balance.

The job of Rolfing is to free the shortened fascia, allow the muscles to return to a balanced relationship and the body to release the compensations. When the myofascial system is organized, gravity causes it to uplift and align the body’s segments.

The Rolfing Series

The basic Rolfing series consists of ten sessions. A Rolfer™ starts by evaluating the client’s structure and by taking photographs (optional) for later reference. The client is then asked to lie on the table, as the Rolfer sensitively applies just the right amount of pressure where the fascia is restricted. Rolfers don’t just work with connective tissue; they work with rhythms of respiration and other responses of the body. They also educate the client in ways of using the new-found freedom.

The client may be asked to breathe into the area being worked and/ or to make synchronized movements. The combination of applied pressure and synchronized response frees and repositions the connective tissue and aligns the body’s segments.

Each Rolfing session builds upon the results of the previous one, so that the results are cumulative. The first seven sessions remove strain from specific areas of the body: the lower back, neck, knees, etc. The remaining sessions organize and align the body as a whole, resulting in better balance, enhanced freedom of movement, and a higher energy level.

Sessions last from an hour to an hour and a half. The amount of time between sessions varies and is determined on an individual basis. The average spacing is a week to two weeks.

Are There Psychological Results From Rolfing?

While Rolfing is primarily concerned with structural changes, any change in the physical body affects the whole person. A human being is comprised of many aspects – attitudes, emotions, behavior and structure. Each is related to all the others.

Rolfing clients often report positive changes in their outlook on life and in their ability to handle emotional changes.

How Does Rolfing Feel?

Sensations in the area being worked may range from pleasurable warmth to momentary discomfort. At times there may be little sensation at all. How you will feel during Rolfing depends on several factors such as injuries to the area or tension caused by chronic stress. After Rolfing, people report feeling lighter and better-balanced. Movement feels easier, as if the joints have been lubricated. Feelings of well-being reflect the body’s higher energy level.

Chronic discomforts often disappear immediately or soon after the series is completed.

Does Rolfing Last?

Yes. Photographs show that the changes of the basic Rolfing series are still present many years after the series is completed.

On the other hand, as bodies change, and people sometimes have injuries, accidents and stressful times, additional work may be useful.

These are what some clients said after experiencing Rolfing:

- So much more understanding and sensitivity for my body, and myself
- I feel like my old self, only different, a new one
- A sense of strength, solid and grounded
- More living in my whole body, not just my head
- Back into running, this time smooth and pain free
- I can look over my shoulder for the first time in years
- No more back pain, sitting comfortably on my chair is possible again
- I've forgotten what it felt like to be limping
- I've been untwisted

For more information on Rolfing bodywork please visit <http://www.postureconnection.com> or contact Certified Rolfer™- Hee Tan at phone number 8498 5673

"This work inspires and uplifts both myself and my clients."

— Hee Tan (Certified Rolfer™)

