

New Client Welcome,

This document will provide you with information that is commonly useful to new Rolfing® clients.

Location:

My practice in Amsterdam Noord is located in the Akademie voor Massage en Beweging on:

Wingerdweg 32  
1031 CA Amsterdam



There is bicycle and auto parking in front of the building; the auto is paid parking for 2hr maximum.

One of the most convenient ways to get to this location is by using Metro 52 - Noord. You will exit at the Noorderpark exit and when leaving the station turn left, cross the canal, left again following the bike path, a quick right then left again and you have arrived within 50 meters or so on the left side where you will see the sign for the Akademie.

You will need to ring the Akademie doorbell to enter the building; the door will be opened for you.

The Akademie offices are directly to your left-hand once you step inside. Within the Akademie you will find a bathrooms to your left and a seating area straight-ahead where I ask you to please wait until I come to get you.



## Frequently Asked Questions:

What should I wear during Rolwing® sessions?

Most clients receive work in their underwear or bathing suit. Briefs are preferable to boxers for men; traditional panties and bra work well for women. If you are not comfortable with this stage of undress, other options are available. A pair of loose-fitting, short, cotton gym shorts, or yoga-type stretchy shorts, is good options. We can work with a variety of clothing, just keep the following in mind:

- You should be comfortable. Unlike massage, Rolwing® requires you to get up from the table and walk around periodically.
- Clothing should not pinch or bind. If you can lie on the table and pull one knee to your chest without resistance, you are in good shape.
- Clothing should allow Rolfers™ to view and work around your upper legs, mid-back, and neck. Sports bras are frequently difficult to navigate around the mid-back.
- Avoid heavy lycra or tight stretch materials. Bicycle shorts, girdles, and other garments containing lycra are nearly impossible to work through.

What is the Rolwing® Series? What happens during a session?

The Rolwing® Series is a 10-step process which treats every part of the body from superficial layers to deeper core structures of the body. These sessions are approximately 75 minutes in length, each unique and custom designed to fit the unique characteristics of each individual client.

The Rolfer™ will begin with a period of observation in each session, the client will be asked to lie on a padded table similar to a massage table. The Rolfer™ will then use his fingers, hands, knuckles, and arms to apply sensitive and precise pressure to specific areas throughout the body. Often the treatment may involve manual intervention during sitting or standing, as well.

Clients will often be introduced to new ways of moving while exploring old habits or movement patterns that are no longer effective. Thus, a gradual evolution in awareness of the body, becomes expressed through new patterns of movement that more efficiently serve the individual in their everyday life.

Rolwing® sessions are never boring to give, never boring to receive. They are entirely tailored to each individual and their unique needs. It is an exciting experience for both the Rolfer™ and the client, because each Rolwing® session opens a door to new discoveries, insights and experiences.

How much does a Rolwing® Session cost?

Individual Sessions are: € 95

Your payment in cash directly after the first session is appreciated. If you would like to handle your payments in a different way, please make sure to discuss this with me during the consultation or first session. We can also arrange for direct billing using bank transfers. At this time, I do not accept insurance payments.

When is Rolwing® SI not suitable for me? (Contraindications)

If you think you might be ill, you should consult your general practitioner and, generally, we advise that you re-schedule any sessions you might have planned until after you have fully recovered. There are specific conditions that are not suitable for Rolwing® and these will be fully explored with you by your Rolfer™ before any session is started.

Generally, Rolwing® is not for people with recent injuries that are still healing or recent cancers. In the case of some systemic autoimmune conditions or connective tissue diseases such as lupus or rheumatoid arthritis please make sure to discuss at your first session or beforehand. There are also certain medications that alter the quality of fascia in the body, and while taking these medications, Rolwing® can be contraindicated. Finally, if you are pregnant please make this clear to your Rolfer™, Rolwing® can ease the structural changes occurring through altered hormone levels that are found in pregnant women. If in doubt, we recommend you contact your doctor before scheduling a Rolwing® session.

Hopefully, this information answers many of your questions. If you have further ones, you may contact me directly by email or phone, or you can find additional information available at European Rolfing® Association e.V ([www.rolfing.org](http://www.rolfing.org)) or my website ([www.evolutionrolfing.com](http://www.evolutionrolfing.com)). For quick access to online appointments use: [www.bit.ly/nlrolfer](http://www.bit.ly/nlrolfer) to directly access the appointment scheduler where you can select a location, date and time for your appointment.

Best Regards,

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