

New Client Welcome,

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

Practice Location:

The practice is located in the **Yoga You** studio on the ground floor of the building at:

**Burgemeester van Roijensingel 10A
8011 CT Zwolle**

The Yoga You studio entrance is along the side of the building and down a few steps. Upon entering the studio, to the right side you will find a seating area. Beyond the seating area, you will find a bathroom for your convenience. I ask you to please wait in this seating area until I come to get you.

There is **bicycle parking** in front of the studio entrance.

The **train station** is a short 300 meter walk along **Stationsweg** and then turn to the right.

You may also drive directly to the front of the building to drop off clients, however parking in front of the building is not allowed. The nearest automobile parking is **Parkeerterrein Burgemeester van Roijensingel** approximately 200 meters further on the same road.

For more detailed information please follow this link: **<https://www.yogayou.eu/contact/>**

Frequently Asked Questions:

What should I wear during Rolfing® 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, Rolfing® 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 Rolfing® Series? What happens during a session?

The Rolfing® 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 60 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.

Rolfing® 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 Rolfing® session opens a door to new discoveries, insights and experiences.

How much does a Rolfing® SI Session cost?

Individual Sessions are: €95

Your payment in cash directly after the first session is appreciated. If you would like to pay 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 Rolfing® SI not suitable for me?

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 Rolfing® and these will be fully explored with you by your Rolfer™ before any session is started.

Generally, Rolfing® 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, Rolfing® can be contraindicated. Finally, if you are pregnant please make this clear to your Rolfer™, Rolfing® 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 Rolfing® 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). For quick access to my online resources use: www.bit.ly/m/rolfer for shortcut access to my website, nutritional information, and the appointment scheduler by location, where you can select the date and time for your appointment.

Kind Regards,

John H Armstrong - EvolutionRolfing
Certified Advanced Rolfer™

Tel: 062 163 2138

email: john@evolutionrolfing.com