

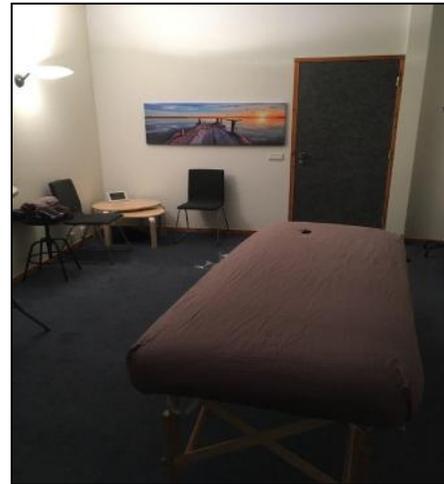
New Client Welcome,

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

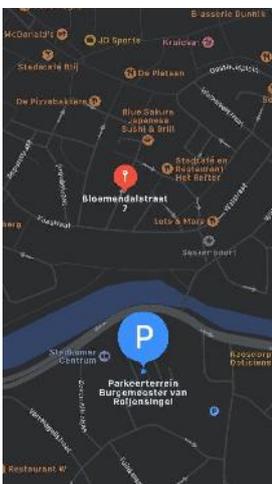
Practice Location:

The practice is located on the ground floor, Kamer 0.06, of the office building at:

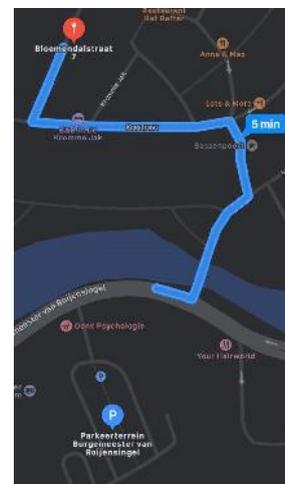
Bloemendalstraat 7
8011 PJ Zwolle



There is bicycle parking in front of the building; you may also drive directly to the front door to drop off clients, however parking in front of the building is restricted. The nearest automobile parking is Parkeerterrein Burgemeester van Roijensingel which can be seen in the following two maps.



The left image shows the parking lot location relative to the practice.

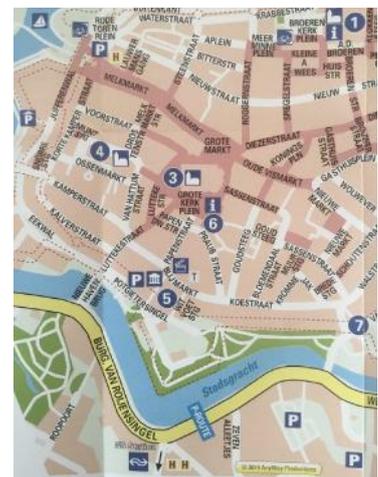


The right image shows the shortest walking route to the practice. Walking time is approximately 4 minutes.

Directions within Zwolle:

The map below shows the inner city. On this map you can again see the nearest parking lot Burgemeester van Roijensingel in the lower right corner of the map just below the Stadsgracht. Train station Zwolle is also just below the lower left corner of the map, approximately a 10 minute walk to the practice.

Within the building you will find a seating area directly ahead on the ground floor. To your right, you will find a bathroom for your convenience. I ask you to please wait in this seating area until I come to get you.



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 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.

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) or my website (www.evolutionrolfing.com). For quick access to online appointments use: www.bit.ly/nlrolfer to directly access the appointment scheduler where you can select the location, date and time for your appointment.

Kind Regards,

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