

# How To Get Started

Once you have contacted a Rolfer™, a phone call or meeting is typically scheduled to discuss your needs and objectives, and to share how Rolfin® SI can help you.

At that time, the Rolfer may then propose a series of 3 or more sessions, usually lasting 60 - 90 minutes, and spaced 1 - 3 weeks apart. A traditional series involves 10 sessions, each unique and building upon the results of previous ones.

Sessions include observation, hands-on manipulation, and movement education. Explorations in breathing, sitting, standing and walking enhance body perception and relieve restrictive patterns and pain.

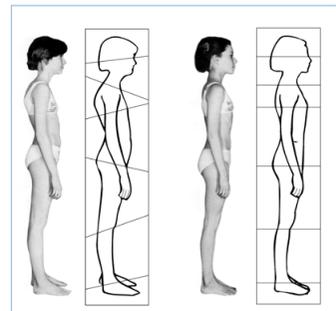
# Expanding Your Experience

Follow up sessions can be scheduled to address ongoing conditions where periodic visits prove helpful; or, simply to expand the feelings of awareness, learning and integration your body has experienced.

*"The first of ten sessions fixed my back pain."*

*Willie Nelson, songwriter & performer*

Rolf Movement™ Integration sessions, where client exploration occurs through guided movement, are another alternative that can enhance performance in daily activities and athletics, or help restore effective functioning after injury, accidents, surgery or repetitive motion strains.



The pictures above show changes in posture before and after ten sessions. The schematic silhouettes point out the structural changes seen from the horizontal axis of the body.

*"Bodywork has allowed me at age 65 to live as vigorously as I want to... Nine months ago I started studying flying trapeze work, and I couldn't have done it without Rolfing."*

*Sam Keen, best-selling writer, is a former Psychology Today editor and co-producer of award winning PBS documentary "Faces Of The Enemy"*

# Who is Qualified To Be A Rolfer™?

Your Rolfer™ is a graduate of the European Rolfin® Association e.V., which provides training, certification and continuing education in affiliation with The Rolf Institute of Structural Integration, founded by Dr. Rolf in 1971.

The depth and scope of the Rolfing Certification Program assures clients that Certified Rolfers are well-trained professionals that have the knowledge, sensitivity and skill necessary to respond to their individual needs.

*"Models have discovered a range of benefits."*

*Isaac Mizrahi, "Harper's Bazaar" magazine fashion designer, recommends Rolfing as a way to prepare yourself to feel more beautiful and glamorous.*

# About the Research

Latest scientific findings have shown that Rolfing can successfully change body structure, posture, coordination, and movement efficiency with lasting effect.

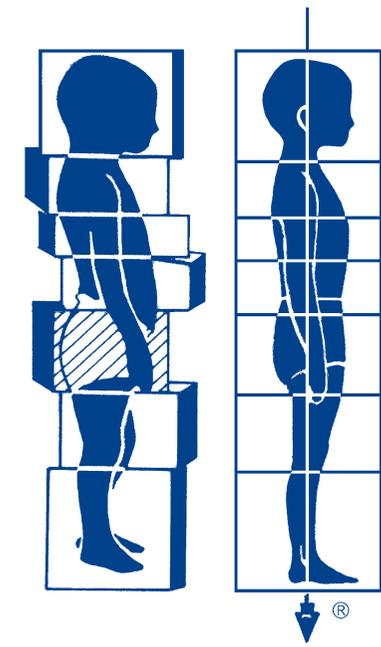
For more information visit:  
[www.fasciaresearch.com](http://www.fasciaresearch.com)  
[www.fasciacongress.com](http://www.fasciacongress.com)

# How Can I Learn More?

If you are interested in learning more about Rolfing, Finding a Rolfer, or the Rolfing Certification Program, please visit our website at: [www.rolfing.org](http://www.rolfing.org)

For further questions or to schedule a consultation, contact your Rolfer:

# ROLFING® Structural Integration



# Welcome to Rolfing® SI!

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# Your Body in Balance

European ROLFING® Association



# Would You Like to Experience a Greater Sense of Vitality and Well-Being?

Rolfing® Structural Integration can significantly improve your body's structure, posture and movement by releasing accumulated tensions and strains through a process involving soft tissue manipulation and movement education.

Rolfing® SI can help...

- People of all ages with histories of pain and discomfort including the lingering effects of accidents, illnesses, surgery and trauma.
- Workers engaged in physically demanding jobs or exposed to repetitive motion or unilateral strain in the workplace.
- Individuals seeking relief from chronic physical ailments associated with aging and anyone hoping to rediscover freedom and ease of movement.
- Athletes, dancers, actors, musicians, yoga / martial arts practitioners or anyone wishing to improve their body awareness and physical performance.



# Rolfing® SI – A valuable addition to the quality of your life.

*"There is one major reason to take Rolfing seriously: it works. Not only can it dramatically change people's bodies, it can transform their lives as well. Rolfing is powerful stuff."*

*Larry Dossey, M.D., best-selling author and former chair of the National Institute of Health Panel on Mind-Body Health (USA).*



*"We are looking for a way to evoke human potential... to establish greater physical and mental vitality."*

*Dr. Ida P. Rolf, PH.D., Founder, The Rolf Institute® of Structural Integration.*

Rolfing® SI uses clearly defined, systematic and consistently applied principles to reshape the body, allowing it to rediscover its native form – at ease with itself, at balance with gravity.

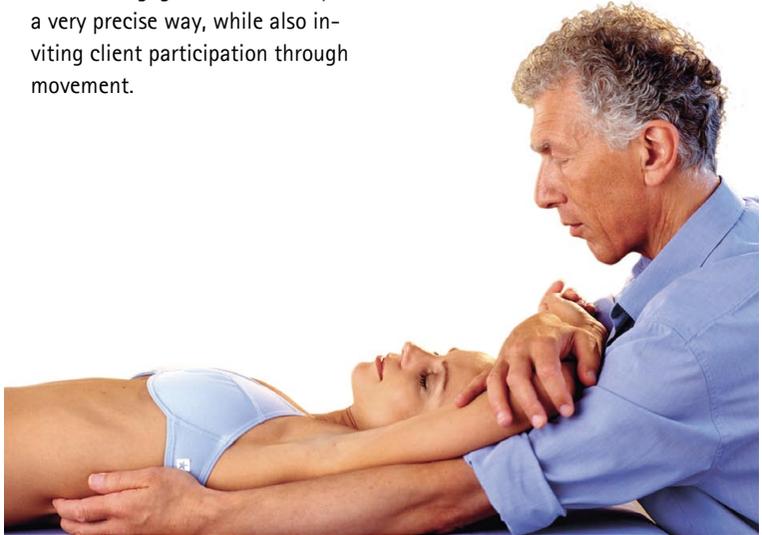
Rolfers™ work with the body's soft tissue, specifically connective tissue called fascia. Fascia gives muscles, organs and the human body support, their characteristic shape, and being highly enervated is key to perception, posture, coordination and movement.

A Rolfer uses their unique quality of touch during a series of sessions that engage the entire body in a very precise way, while also inviting client participation through movement.

Working together, Rolfer and client seek to encourage new postural and movement patterns that are more comfortable and efficient – resolving pain and discomfort, adding ease and grace to every client's life.

*"What is great about Rolfing is that it integrates the entire body," "Rolfers understand body movement and the intricate interconnections of muscle, bone, and tendons."*

*John Rembao, Coach, University of Texas, & trainer for Olympian Erin Aldrich.*



# Have you experienced only limited success resolving your pain or discomfort?

Rolfing® SI addresses the underlying causes of many manifestations of pain, poor posture and movement restrictions.

It works, because it initiates structural changes that restore the entire body to a more natural order. The body's inherent capacity to adapt relaxes, corrects and integrates misalignments and imbalances. This allows posture and movement patterns to adjust towards their most efficient and at-ease form, freeing restrictions, alleviating pain, and building a foundation for lasting and sustainable results.

Moreover, as the body changes physically, significant shifts in perception occur as well, resulting in lowered stress and anxiety, increased confidence and maturing emotional expression.



*Rolfing SI can bring about dramatic improvement in children's physical, psychological and chronological development.*

*"I send a variety of my clients to a Certified Rolfer... people with shoulder and elbow problems, with scar tissue resulting from injury or surgery, chronic hamstring problems, low back and cervical spine problems. People that have had chronic problems that have not been helped by anything else. All those people can be helped with Rolfing".*

*Jim Montgomery, MD, Orthopedic surgeon in Dallas, TX*

