



“The Rolfing Method of Structural Integration” with Jeffrey Bomes



If you can imagine how it feels to have a fluid, light, balanced body, free of pain, stiffness and chronic stress, at ease with itself and the earth's gravitational field, then you understand the goals of Structural Integration.

Dr. Ida P. Rolf

Structural Integration, or Rolfing, is a method of deep tissue release based upon the work of Ida Rolf in the 1940's. Rolf theorized that 'bound up' fascia (or connective tissue) often restricts muscles from functioning in concert with one another. Her method aimed to separate bound up fascia by deeply separating the fibers manually, loosening them to allow effective movement patterns. A key feature of Rolfing training is that an adequate knowledge of **living** human anatomy and hands-on training were required in order to safely negotiate the appropriate manipulations and depths necessary to free the bound-up fascia.

Rolfers often prescribe a sequence of ten sessions to balance and optimize both the structure (shape) and function (movement) of the entire body. Where time is limited, three sessions is considered a good minimum to take over a week, and can create a significant change particularly with the lower limbs.

Compared with most massage, Rolfing can be very deep, and somewhat painful, however this depends on the degree of fascia that has become stuck. In the end, the freedom of movement is worth any discomfort. As Rolfing frees up deep fascia and facilitates muscle function, it is an excellent complement to Yoga, Pilates, Tai chi or any other physical activity.

Rolfing Structural Integration is safe, however as it involves deep tissue manipulation, pregnant women and people with skeletal, vascular, or clot disorders should consult a health care provider before undertaking Rolfing sessions.

"It is clear that Jeffrey Bomes has received the best possible professional training in Rolfing from qualified teachers with direct lineage links to the original founder of this profound healing system"
-Daniel Reid. Health Professional and Best-selling author