



“The Rolfing Method of Structural Integration” **with Jeffrey Bomes**



When gravity isn't tearing something down, it's upholding it. This is the gospel of Rolfing. When the body gets working appropriately, the force of gravity can flow through. Then spontaneously, the body heals itself.

DR Ida Rolf

Structural integration is a scientifically validated body therapy. Unlike massage, Structural integration focuses not on the muscles but on their protective layer, called fascia (also known as connective tissue).

Structural integration aligns and balances the body by lengthening and repositioning the fascia. As fascia is lengthened it allows the muscles to move more efficiently. The practitioner will apply pressure to the body, working the entire fascial system in a systematic way. When restricted fascia is released and lengthened the body can return to its structurally optimal position

The continuing pull of gravity, stress of daily activities and physical injuries can pull the body out of alignment. The fascia gradually shortens, tightens and adjusts to accommodate the misalignment. When the body is out of alignment it creates inefficiency and imbalance resulting in stiffness, discomfort and loss of energy.

When a body is aligned and balanced it moves with greater ease. It requires less energy to function. Good posture is effortless and breathing is easier. The body becomes more flexible, more coordinated and athletic performance improves.

“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”

-Danial Reid- Health professional and best selling author