



“The Rolf Method of Structural Integration” **with Thomas Andersen**



Sometimes what structural integration practitioners do is the restoration of something that has been damaged by accident, to where it was before.

Many times humans have never had normal bodies since they're birth, and what we are doing is creating a body, not restoring a body.

The body falls out of alignment for various reasons; physical, mental and emotional. Physical injuries happen all of the time. A sprained ankle may force one to limp which in turn causes a tight and painful hip. Another person may sit at a desk all day and develop a 'sore back and a stiff neck. Living with emotional stress like depression may cause ones shoulders to round forward in a slouching posture. These are just a few examples of countless stresses that affect the body. The longer these adaptations to stress go unchecked, the deeper they manifest themselves into the body.

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 Rolf method of Structural Integration suits all kinds of People

Post accidents
No Prior accidents
Young and Elderly
Children
Athletes
Martial Artists
Yoga practitioners

people suffering from:
Scoliosis
Headaches Whiplash
Back aches
Bow legs
Knocked knees
Frozen shoulders
Sciatic