



“The Rolfing Method of Structural Integration” **with Vincent Lee**



Vincent Lee is Certified Rolfer® who receives his training in Boulder, Colorado and Sydney. He graduated as a Certified Rolfer in March 2004. He was probably the first Rolfer in South-east Asia when he started 10 years ago. Since then he had worked with scores of clients with different posture and chronic health tension, which include specific problems like frozen shoulder, scoliosis, rotation of the hips, feet problems etc.

His practice is known as Rolfing Wellness. And he has a website known as rolfing.com.sg since he started 10 years ago. During this period, he has also been invited to work for a month in spa known as Sentosa Seminyak in Bali for a 28 days health retreat program in 2008

Vincent also believes in the holistic approach in a person's health. He has learned and brought on other modalities like kinesiology (Brain Integration), allergies and Energy Psychology in his practice in Orchard Road, in Singapore. These help to achieve a good balance between the physical, emotional and mental well being for the clients.

Rolfing® is a validated technique of soft tissue manipulation and movement education that was developed by Dr. Ida Rolf, a biochemist, in the 1940's. Rolfing® helps to re-establish the natural alignment and structural integration of our human body. In doing so, it helps in the vitality and wellbeing of a person

As a Certified Rolfer®, Vincent Lee will will examine and assess a person body posture and body. In doing so, clients with many issues such as

Posture alignment	Imbalance of hips
Neck and shoulders issue	Frozen shoulders
Lower back issue	Hamstrings
Iliotibial band	Sport related injuries

Vincent Lee has been featured in the local papers, Straits Times, health magazines and also on some health programs. He encouraged his clients to maintain a good lifestyle programs such as yoga and pilates, or Tai Chi even after their Rolfing session. He had previously learned yoga and salsa. He always welcomes the opportunity to give talks to the public and for the public to have a better understanding between posture, balance and the connective tissue.