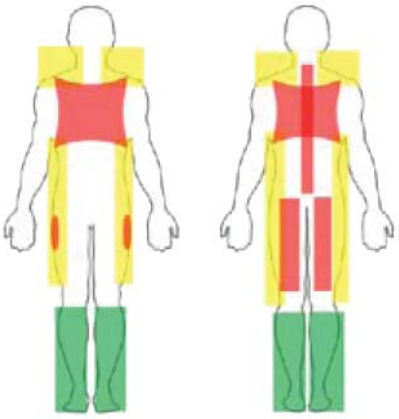
Rolfing® Structural Integration 10-Series Overview

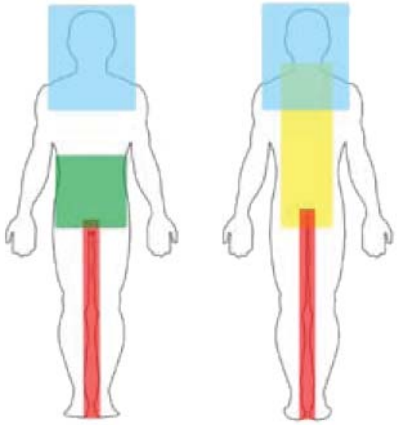


Sleeve Sessions

Session 1 **Open the breath.** A free and open breath prepares the body for the demands of the upcoming changes. A full breath provides support for the chest, shoulders, and neck. Some work on the arms may occur.

Session 2 **Find the feet.** Opening the breath changes the physical demands on the feet, so we create flexibility and adaptability there so that the whole body can feel supported.

Session 3 **Lengthen the sides, balancing front and back.** Now we open up the sides of the body and differentiate soft tissue of the pelvis from that of the ribs to allow the pelvis more movement options.



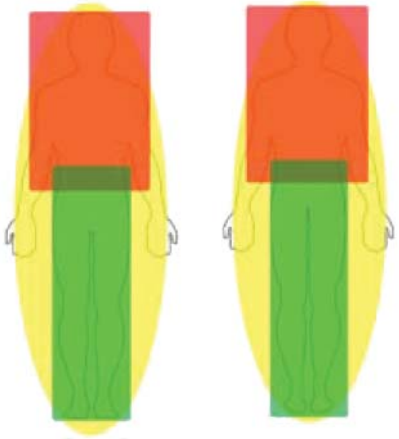
Core Sessions (deep tissues influencing spine)

Session 4 **Find support for and access "the core" from the bottom.** The core begins from the base of the pelvis up through the roof of the mouth. We start this session by finding support through the ankles up along the inner leg before accessing the core.

Session 5 **Access the core from the front.** We focus on the deep tissues dealing with the front of the spine and core space to establish flexibility in the low back.

Session 6 **Access the core from the back.** We address the deep tissues of the back of the spine and core space to establish flexibility in the low and upper back.

Session 7 **Access the core from the top.** By working in, on, and around the head, we balance the head and neck atop the flexible spine.



Integration Sessions

Session 8 **Integrate the upper/lower body.** Depending on the needs that present themselves, we solidify changes in the upper or lower body. Integration sessions help reprogram movements and make changes last.

Session 9 **Integrate the upper/lower body.** Changes in the other part of the body are reviewed in light of the changes of the previous session.

Session 10 **Integrate the entire body.** We coordinate soft tissue movement across multiple joints so that movement can be as unfettered and free as possible.

Originally created by Matt Hsu, Certified Rolfer™
Upright Health - Posture Alignment Therapy and Rolfing® Structural Integration
http://uprighthealth.com • matt@uprighthealth.com • 619-630-8771 • San Diego, CA

Rolf Institute® OF STRUCTURAL INTEGRATION
www.rolf.org• 800-530-8875 • Boulder, Colorado