

NORTH SHORE ROLFING

Structural Integration

Hello and Welcome,

Thank you so much for becoming a Rolfing Client. You are now one of the fortunate people who have experienced this work. I have assembled a few items for you to review as you continue your Ten Series to help you have the optimal experience.

- Breath is the main component in this work and in your body. As we proceed, please keep your awareness on your breathing and how it changes.
- In addition, as we work in each session, Breathing will help you access the integration of the work done in each area of your body.
- From time to time, some areas of your body may have more restrictions than others and using your Breathing will help you process through these areas with minimal discomfort.
- After each session, you are encouraged to explore your body's new found sensations with considerate movement. Explore how your body moves and take note of any differences in sensation or awareness you may discover.
- Occasionally, after a session, you may experience some aches or soreness. As your body is realigned, muscles groups that were used to an old pattern may need time to orient themselves to their new more balanced position. Be patient and take note. These aches will dissipate within a day or two.
- Also, after each session, you may experience odd sensations of coordination. As your body and mind adjust to finding the center line of balance, your orientation with gravity may cause some odd sensations in your balance. Take care in your movement and move slowly until this passes. After some time exploring your movement, you will find better coordination and balance.
- From time to time, as your body releases old patterns of tension or restriction, you may experience some emotional releases as well. Please take time to explore and experience these sensations and find the appropriate support for yourself, if needed.
- Overall, take the time to experience your new awareness and alignment. Make a dedicated time to explore your movement and breath.

Thank you very much for choosing Rolfing Structural Integration.