



## ***What is Rolfing Structural Integration?***

By Amy Willman | June 2014

I am often asked what Rolfing Structural Integration is and how it can help a body in pain. I explain the name is actually from the surname of the alternative healing pioneer who developed this form of bodywork, Ida P. Rolf. She spent many years learning from and working with scientists and physicians and eventually developed a progressive 10-series of manipulative treatments. The goal of these sessions is to align the body, ease movement and initiate self-healing. Dr. Rolf believed the key was in the connective tissue called fascia.

Fascia is a web of connective tissue throughout the body that holds the small fibers of muscles together as well as large muscles as a whole. It holds our organs and muscles where they are and even gives construct to our skin. Fascia is everywhere and has several purposes. It carries hydration to every layer of the body, helps hold muscles in shape and in place, and allows neighboring muscles to glide beside each other. When this important connective tissue is stuck, damaged, or scarred, movement is impeded and boney structures can easily become unaligned. The Rolfing SI 10-Series is a progression of bodywork sessions working up through the body from feet to head to release fascia and facilitate movement. Each session guides the body through a journey of release-integration-alignment. Once the body is aligned and properly exposed to gravity, it can move and heal itself as it is meant to.

I believe Rolfing is a great way to learn about your body—where it has been, where it is now, and where it is going. Via Rolfing is dedicated to Dr. Rolf's vision of easing movement and educating about the effects of daily living. If you are interested in scheduling a consultation or beginning a 10-series, please email me at [info@viarolfing.com](mailto:info@viarolfing.com) or call Amy at 970.218.1412.

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