



Balancing the Human Structure

Rolfing® q & a with Rachel Felson, Certified Rolfer

learn more.

Developed by Dr. Ida Rolf, Rolfing® is a systematical approach to balancing the human structure in gravity.

It utilizes soft tissue manipulation and movement education to [release facial strains in the body](#). It can be a valuable tool for deepening your [movement practices](#), including yoga, dance, Pilates, GYROTONIC®, and martial arts, as well as for improving athletic performance.

how is Rolfing® different than other forms of bodywork?

Rather than focusing on what hurts or feels stiff, Rolfing® focuses on improving your whole body structure. Think of your body structure like your attic or a storage room. When all those boxes get thrown around, it's hard to find anything. That's your body out of alignment. Rolfing® organizes the structure of your body so it works like a well-organized storage room. Your neck may hurt because you're not getting the proper support from your feet. Your pelvis may be askew or your shoulders may be rounding forward. Until your entire body structure is re-balanced, your strained neck will remain strained trying to keep your head upright. Focusing where it hurts goes after symptoms, not the root problem. What often works best with Rolfing® is a process called The 10-series.

do I need to do the 10-series?

Think of the 10-series like a tune-up for your body. The first three sessions work on your superficial layers of connective tissue. Sessions four through seven remove strain from deeper layers of the body. The last three sessions organize and align the body as a whole, providing better balance, enhanced freedom of movement, and a higher energy level. The 10-series is tailored to suit each individual's needs. As a general rule, each session is scheduled about 10 days to two weeks apart, though the schedule is flexible. If you are indeed interested in doing the 10-series, I recommend that you commit to the first three sessions as it will be the appropriate amount of time to feel the effects in your body.

what is fascia?

Fascia, or connective tissue, is a complex network that runs throughout your whole body. It connects your bones, ligaments, tendons and organs. The most fascinating aspect of fascia for me is that it's so malleable, like plastic. It is constantly changing, whether it is shortening and tightening due to an injury or accident or slowly becoming more hunched and less flexible. Rolfing® helps to create more length and space in the fascia, thus restoring balance, openness and ease.

what are the benefits of Rolfing®?

The benefits of Rolfing® include, but are not limited to: improved posture, increased flexibility & balance, increased range of motion, relief from chronic pain, increased levels of energy & alertness, decreased stress & anxiety, decreased post-surgical pain, release of stored trauma, increased sense of relaxation, enhanced sports performance, improved sensitivity, body awareness and sleeping habits, increased efficiency of body biomechanics, deeper, fuller breathing and a sense of feeling grounded.

get rolfed:
reserve your session with Rachel at the front desk!
single: \$150 (pkgs available)
30-minute consultation: FREE!

call us: (212) 463-8338 or visit www.kinectedcenter.com

