



rolfing q & a

with jason defillippis, certified advanced rolfer® at Kinected

what is rolfing®?

Rolfing® Structural Integration is a method of manual manipulation of the connective tissues of the body developed by Dr. Ida P. Rolf, designed to promote ease and balance in posture, with a corresponding effect on the mind.

what are the benefits of rolfing®?

Rolfing® is an effective approach to address the after-effects of accidents and injuries, for chronic neck pain, back pain and joint pain, for poor posture, tension and anxiety. Rolfing® can also be a valuable tool for deepening your practice of yoga, dance, Pilates, GYROTONIC®, martial arts, as well as for improving athletic performance.

what is the basic premise of rolfing®?

Due to physical and emotional trauma, repetitive movements, and habits of standing, sitting, moving, our bodies develop dysfunctional and characteristic patterns of strain. Rotations in bones, shortness or tightness in tissues and related muscles, and asymmetries within the body as a whole create conflicting tensional forces. These may ultimately lead to sub-optimal choices in movement. Over time, with repetition, these patterns can worsen, leading to further limitations in movement and in living. Rolfing® Structural Integration is a highly effective way of working with connective tissue and muscles to resolve conflicts within the body, which are preventing easier, more correct ways of moving and being.

how did you become involved in rolfing®? what was your experience?

I first received Rolfing® in 2003 as a way to deal with the chronic discomfort that I felt in my body. I knew that this pain was preventing me from being fully engaged in life. During my Rolfing® series, and in the months to follow, I felt lifted, vital, and at ease in my body. Along with the relief that I found in my body, came a great deal of transformation in my thoughts and emotions. Vitality, comfort and spaciousness were not just physical changes; they were changes that were evident in my whole being, in my outlook on life, and in my way of orienting to the world. I believe Rolfing to be one of the most powerful and direct ways to transform physical and emotional limitations.

I have never had a rolfing® session before. what should I expect?

Rolfing sessions are similar to other forms of manual therapy. During a session, a Rolfer® uses his or her hands to free areas of restriction that can cause limitation, and the over-involvement of muscles in movement.

what is your background?

In addition to my basic training as a Rolfer®, I spent 14 months in a mentorship with Dr. Thomas Findley, M.D, Ph.D, Advanced Rolfer®. Since receiving my certification from the Rolf Institute in 2004, I have been sincere and vigilant in my ongoing studies as a manual therapist. I have completed trainings in biomechanics and Visceral Manipulation, and currently study Craniosacral Therapy and movement education. I received my Advanced Rolfing® Certification in 2009. I am pleased to be joining the skilled team at Kinected, whose intelligent point of view and authentic level of practice are in harmony with my own.

pricing: \$150/session
sessions are by appointment only.

to reserve your session with jason, contact us!

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