

Rolfing® Structural Integration and how it can help you

Many of us have ventured out to try massage from a local massage therapist, and often with great results. However, for those looking for more than relaxation and would like to experience more flexibility and obtain better posture, there are other alternatives. One such alternative is called Structural Integration, otherwise known as Rolfing.

Certified Rolfers work specifically with the connective tissue that wraps the muscles, called "fascia". Accidents, injuries, chronic illness, and poor posture can create adhesions, twists, torsions, and chronic holding patterns within the fascia. As a result, the body's structure can become misaligned in gravity. Rolfing releases the body's segments – arms, legs, torso, and neck from patterns of tension, and results in improved alignment.

After Rolfing, people report feeling lighter and better balanced. Movements feel easier, graceful, and fluid, as if the joints have been lubricated. The body feels re-balanced and free from stress and chronic pain. Many people report an enhanced self-image, and an increased positive attitude towards life.

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