

ABOUT THE BOOK - “rolfing - The Integration of Human Structures”

"Have you ever been rolled?" "Look at the way he's standing. What he needs is a good rolfing!" "You still have that pain in your back? Why don't you look up a good rolfing, I'll bet he could help you." "You mean you've never been rolled!" Perhaps you have overheard comments such as these, and have wondered what they were talking about. What in the world is rolfing?

"Many will read this book hoping that it will answer the question. What is rolfing ? It does, of course, answer that question, but perhaps not in the expected form. The book is a demonstration of the principles of the body, the manner in which it is made, and how this creature can change. The technique of Structural Integration is a conversion of these ideas into a therapeutic tool. The technique itself involves a ten-hour cycle of deep manual intervention in the elastic soft tissue structure (myofascia) of the body. The goal of this treatment is balance of the body in the gravity field; the principle of the treatment is, in brief, that if tissue is restrained, and balanced movement demanded at a nearby joint, tissue and joint will relocate in a more appropriate equilibrium."

"In addition to the obvious change in structure and stance, there are many other varied effects of rolfing. They are best summed up in the phrase " I feel better" (or "lighter" or "easier").

The added ease, the improved vitality are the result of greater balance; this does its own beneficial work on physical and psychological ills.

We are asked if rolfing is permanent. Rolfing enters into the body's process and - changes its course. Unless an accident intervenes, the body will continue along its new course. The effects of rolfing are not simply permanent, they are progressive."

(From the Foreword by Rosemary Feitis)

Every so often the world is blessed by the appearance of an innovator, a person with vision who has the ability to see creatively. Such a person is Ida. P. Rolf, the creator of the technique known as "Structural Integration", more commonly called - "rolfing."

Ida P. Rolf graduated with a Ph.D. from Barnard College, Columbia University in 1920. Her work at Rockefeller Institute in the Departments of Chemotherapy and Organic Chemistry provided further study, and the Journal of Biological Chemistry published conclusions of Dr. Rolf and her associates over a ten-year period.

In search of solutions to family health problems, and finding available methods inadequate, Dr. Rolf intensely investigated the effect of structure on well-being. From this, "rolfing" has evolved. Primarily designed for postural improvement, her method clearly produced improved function as well. It has become widely recognized that the integration and balance of the physical body contributes greatly to man's psychological well-being.

For the past two decades Dr. Rolf has been teaching rolfers (Practitioners of Structural Integration) through her Institute in Boulder, Colorado. Now 80, Dr. Rolf still reigns over advanced studies of rolfing, as well as instructional classes for those she has carefully trained to teach her work.

"rolfing: The Integration Of Human Structures" contains 304 pages. It is lavishly illustrated with 400 highly detailed anatomical drawings of balanced, living, rolled structures, as well as 200 photographs, many showing the startling difference in "before" and "after" rolfing.