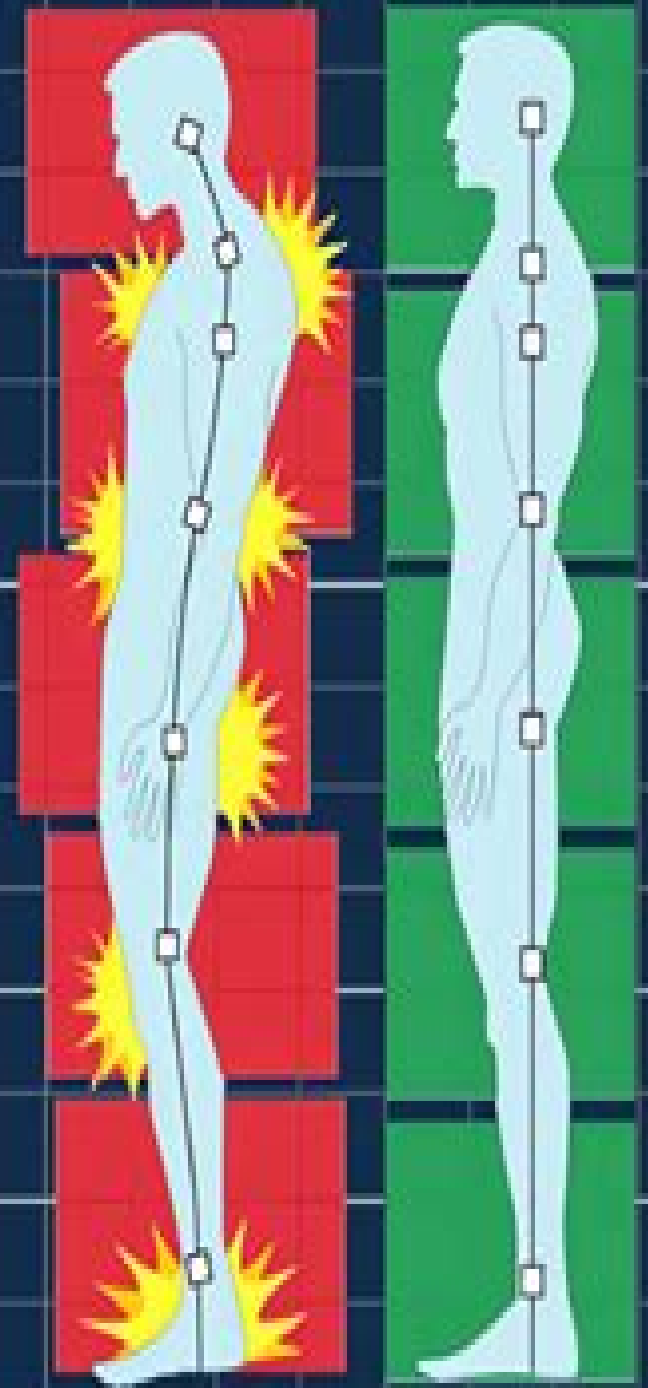


What is Rolfing?

Rolfing, also referred to as structural integration, is a comprehensive therapy that employs deep tissue manipulation to enhance the alignment of the body, focusing primarily on the fascia. It offers numerous benefits including better physical alignment, resolution of postural issues, chronic pain relief, and enhanced overall body function. The entire body is addressed across ten sessions, each targeting different segments and progressively building on the previous ones.



Rolfing The Integration Of Human Structures

Michael Seilmaier



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