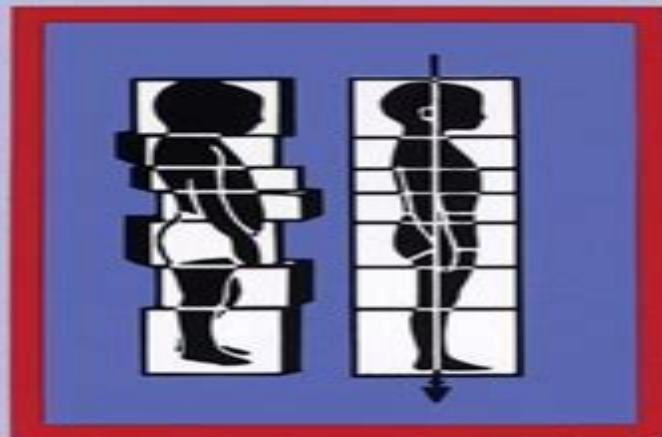


ROLFING AND PHYSICAL REALITY

Edited and with an introduction
by Rosemary Feitis



by Ida Rolf

Rolfing And Physical Reality

Don Hanlon Johnson



Rolfing And Physical Reality:

Rolfing and Physical Reality Ida P. Rolf, 1990-11 A self portrait of the warm wise woman who created the therapy that bears her name Here Ida Rolf tells of her life and the wonder of the human body and explains her technique of manipulating muscle tissue to induce correct alignment in the body Ida Rolf Talks about Rolfing and Physical Reality Rosemary Feitis, 1979-03-01 Ida Rolf Talks About Rolfing and Physical Reality Rosemary Feitis, 1984* *Ida Rolf Talks about Rolfing and Physical Reality* Ida Pauline Rolf, 1978 *Rolfing* Ida P. Rolf, 1989-10-01 This seminal work made its debut in 1977 and it has since remained the most important reference for Rolfers around the world In this new edition the late Dr Rolf illustrates her theory and practice of Structural Integration which brings the body into alignment and balance by manipulation of the connective tissue Rolfing has helped thousands of people to stand taller look better move with greater ease and have a greater sense of vitality and well being This is the original and classic text with more than 600 illustrations and photographs An indispensable reference for the hundreds of Rolfers in this country it will also appeal to other professional bodyworkers and the interested lay person *The Illustrated Encyclopedia of Body-mind Disciplines* Nancy Allison, 1999 Introduces various programs and activities designed to awaken the links between mind body and spirit including sensory therapies subtle energy practices massage movement therapy methods martial arts yoga meditation and creative arts therapies Bone, Breath, and Gesture Don Hanlon Johnson, 1995-07-19 This book is a collection of writings on principles and techniques by the pioneers of bodywork and body awareness disciplines Together they represent a historical record of the field of somatics Ranging from hands on workers like Ida Rolf to phenomenologist Elizabeth Behnke their lives span this century In these lectures writings and interviews editor Don Hanlon Johnson has sought to reveal the unbroken lineage theoretical differences and major similarities of these originators *Break Through with Breathwork* Jim Morningstar, Ph.D., 2017-10-03 When working with trauma and chronic health issues it can often seem like the healing process gets stuck or is producing only minimal progress In this groundbreaking book clinical psychologist Jim Morningstar PhD shows therapists bodyworkers and other health care professionals how to achieve remarkable breakthroughs with their clients using the power of Therapeutic Breathwork Unlike more commonly known mindfulness breathwork techniques which typically only involve slower than normal breathing Therapeutic Breathwork is designed to also include faster than normal breathing 35 75 breaths per minute to enervate the sympathetic nervous system This is especially useful in helping to release blocks that arise while working through difficult emotional issues including PTSD addiction depression and anxiety While traditional talk therapy can take many years sometimes decades to produce minimal relief Therapeutic Breathwork can help facilitate astonishing breakthroughs within a single session Morningstar explains how therapists can reinforce these breakthroughs with additional techniques for self regulation dramatically reducing recovery time and often resolving challenges that might never have been worked through in standard practice Break Through with Breathwork is an accessible

and thorough introduction to one of the most powerful tools in supporting health and wellbeing reducing stress and stimulating deep emotional and spiritual growth

Embodied Being Jeffrey Maitland, 2016-02-09 Embodied Being is unique among books on manual therapy offering an infrastructure for intuition a philosophical approach to what is essentially a practical process of diagnosis and treatment with one's hands Grounded in the author's decades of practice as a Rolfer and Zen meditator the book offers a first of its kind three step method for training practitioners how to see holistically given the enormously important role perception plays in assessing clients By exposing many of the unconscious philosophical assumptions that occlude our understanding the depths of manual therapy Embodied Being promises to illuminate the full scope of body mind healing from the point of view of both the practitioner and the person receiving the work Embodied Being states the principles of intervention and shows practitioners how to use them to answer three fundamental questions common to all forms of therapy What do I do first What do I do next and When am I finished Perplexed that most practitioners are unable to answer these questions and simply rely on their intuition Maitland sets out to define what makes a truly life altering bodywork session drawing on his understanding of Goethe Merleau Ponty and other great thinkers Maitland proposes that the holistic approach in bodywork is capable of creating new possibilities for the future by erasing the patterns that bind us to a dysfunctional past Such sessions can so profoundly reshape the body that there is no longer any room for emotional torment thus manual therapy can free bodies of physical pain releasing the innate joy within the core of all human beings Ultimately giving and receiving manual therapy teaches both practitioners and clients how to move with grace open their hearts and touch the numinous

Movement Integration Martin Lundgren, Linus Johansson, 2020-02-18 A paradigm shifting integrative approach to understanding body movement The ability to move with efficiency and agility has been an essential component to our evolution and survival as a species It has enabled us to find food fight threats flee danger and flourish both individually and collectively Our body's intricate network of bones muscles tissues and organs moves with great complexity While traditional anatomy has relied on a reductionist frame for understanding these mechanisms in isolation the contributors to Movement Integration take a more systemic integrative approach Ensomatosy is a new paradigm for comprehending movement from the perspective of the body's entirety The body's many systems are understood as synchronized both internally and externally Drawing on expertise in physiotherapy somatics sports science Rolfing myofascial therapy craniosacral therapy Pilates and yoga the authors assert that a more comprehensive understanding of movement is key to restoring the body's natural ability to move fluidly and painlessly With over 150 images the Color Illustration Model of Relative Movement provides a visual tool for understanding how joints interact with surrounding structures rather than in isolation This is an ideal book for physiotherapists massage therapists structural integrators coaches as well as yoga and Pilates instructors

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