

# STRUCTURAL INTEGRATION

## THE ARCHITECTURE OF HEALTH



IMAGINE YOUR BODY FEELING RELAXED AND PEACEFUL YET POISED WITH ENERGY.

IMAGINE HAVING THE ABILITY TO MOVE WITH FLEXIBILITY WHILE ENJOYING MAXIMUM STRENGTH.

IMAGINE USING YOUR BODY FREE OF PAIN, STIFFNESS OR CHRONIC STRESS.

*“As I completed the series, I felt completely transformed. It not only helped my lower back pain, but my posture and balance were 100% improved. I wake up without so many aches and pains which I attributed to getting older. Most of all, I’ve gained a sense of peace in my body that I’ve never felt before in my life.”*

*— Michelle Bellanti, a 42-year-old jewelry designer and pilates instructor*

### Bringing Your Body into Balance

To feel your best and to achieve optimum health, your body needs to move with balance. Muscles, bones and organs that move in proper relationship to each other create real strength — the kind that feels naturally good and powerful. Injuries and lifelong habits can disrupt the natural alignment of your body and prevent you from being able to move freely. Pain and strain is your body’s way of telling you it is out of balance.

Structural Integration focuses on the body’s complex matrix of connective tissue in a way that brings all the body’s parts into more smoothly functioning relationships. Integrating the whole system is a hallmark of Structural Integration — an approach that sets it apart from other kinds of bodywork or manual therapies. Structural Integration is a powerful instrument for positive change.

### Structural Integration is a Process

Many people first experience Structural Integration through a defined series of sessions, each lasting approximately one hour, each building upon the last. After completing their series, many choose to continue with periodic “tune-ups” while others come in for help with issues resulting from injuries or illness.

There is an appropriate structural integration pathway for every individual and strategies will be tailored specifically for you.

Structural Integration is a process that helps an individual experience an optimal way of moving. Soft tissue manipulation, education and awareness combine to release physical restrictions while increasing strength, adaptability and resilience.

### THE HISTORY OF STRUCTURAL INTEGRATION AND DR. IDA P. ROLF

Dr. Ida P. Rolf, a pioneer and leader in soft tissue manipulation and movement education, earned her Ph.D. in biological chemistry from Columbia University in 1920. She then spent 12 years conducting research in organic chemistry at the Rockefeller Institute. Because of inadequate solutions to her own health problems she explored diverse systems of healing and manipulation including homeopathic, osteopathic, chiropractic and yoga practices.

The relationship of proper alignment, physiologic function and anatomical structure form the basis of these healing methods and served as an

underpinning of Dr. Rolf’s understanding of the body. Her life’s work, devoted to investigating the demands placed on the body’s pervasive network of soft tissues (muscles, fascia, tendons and ligaments), led her to develop a revolutionary system of manipulation and movement she called Structural Integration.

The theories of Structural Integration may appear simple, but understanding and applying them requires intensive education and training. Today, Structural Integration is taught around the world at schools specifically recognized by the International Association of Structural Integrators® for meeting high standards for teaching Dr. Rolf’s work.

RE-EDUCATING THE BODY USING MOVEMENT, TOUCH AND AWARENESS



**INTERNATIONAL ASSOCIATION  
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