

# ROLFING® FLAGSTAFF

Rolfing: Structural Integration  
Rolf Movement Education™

Gibney Siemion, M.S. - Justin Salamon, M.A.

Who doesn't appreciate a  
**BARGAIN** around the  
holidays?

Whether you'd like to gift  
someone else or come in  
yourself, let us make it  
easier on you.

## 25% off

One \$110 session!

*\*offer valid on Gift Certificates too*

*\*offer expires February 1, 2017*

(purchase valid for existing clients –  
new clients may redeem)



## SEASON'S GREETINGS!

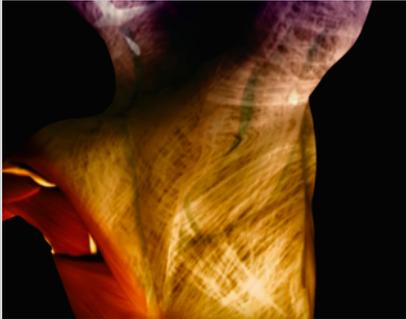
The seasons have changed in Flagstaff and while we experience the last days of fall it sure feels like winter! Plants have drawn their resources back to their roots, and animals have migrated to warmer environs or set about their winter routine by slowing down or hibernating. Similarly, this is the time of year when many of us naturally turn our focus inward. It's a great season to delve into restorative and rehabilitative activities that are essential to our health and wellness but are difficult to fit into busy summers.

As we reflect on 2016, we'd like to thank you for engaging in the Rolfing process. It is the curiosity, self-inquiry and presence that you bring to each session that makes our work rewarding. We appreciate the triumphs and struggles that you share with us on your path to improving your health.

To health and happiness in 2017...

*Gibby & Justin*

## Fascia: The Living Fabric of the Body



Did you know that fascia surrounds every structure in the body from the superficial layer beneath our skin, to the deep connective tissue layer wrapping our muscles and bones, and finally to the fluid-filled bags surrounding our organs?



Fascia is living tissue that has contractile properties! Recent research shows that fascia contracts to support and protect our body. Why is this important? Fascia changes! As Rolfers this is our pathway through touch to help your body find its natural state of ease and flow.

## What is Rolfing?

Have you found yourself wondering how to describe Rolfing to your friends or family? We realize that even after receiving many sessions it is difficult to describe exactly what happens in a Rolfing session! In this article, we'll give you some ideas to consider and also a definition for those times when you need a quick answer...



Central to the Rolfing process is developing the language skills to describe subtle sensations and discriminate between direct sensation and perceptual experience. Many of us already have an ability to perceive "pain" or "nothing," but lack nuanced sensation. Ideally, after Rolfing sessions, we feel more empowered and able to experience a wider array of sensations from spaciousness to density, groundedness to levity, lightness to heaviness, ease to edginess, intensity to discomfort, openness to "stuckness".

Not only is it uncommon for most of us to talk about sensations in the above terms, but trauma often causes us to disassociate from affected parts of our body. Trauma can be understood as "too much, too fast, leading to nervous system overwhelm". This can lead to disassociation – a necessary and important protective feature of our nervous system that has evolved over millions of years. When we are overwhelmed in the form of blunt trauma (e.g., car accident, athletic injury) or emotionally overwhelmed (e.g., death of a loved one, abuse) our nervous system helps us escape danger and endure the immediate circumstance by feeling less. While this response is useful in the immediate experience of trauma, once we are safe and sound, our bodies need to release this nervous system charge and rebuild the neurological pathways to sense areas that may have been initially endangered or damaged.

**Rolfing: Structural Integration is hands-on connective tissue manipulation coupled with movement education to help your body feel comfortable, coordinated and resilient as you move in gravity.**

## Need a holiday gift idea?

Give the gift of self-care and the opportunity for your loved ones or employees to focus on health and wellness.



## "LIKE" ROLFING FLAGSTAFF on Facebook and Yelp!

Your likes & business reviews help us spread the word. We post useful information & even DEALS once in a while!



### Gibney Siemion, M.S.

Certified Rolfer  
Rolf Movement Practitioner  
(928) 853 - 9380

### Justin Salamon, M.A.

Certified Rolfer  
(928) 853 - 9352

## What is Rolfing? (continued)

When we don't have help from skilled therapists, affected areas in our body can feel foreign, disconnected or simply blank. This leads to less refined and coordinated movement, less efficiency, greater strain and injury. Rolfers think of the space surrounding our body as our "kinesphere". Parts of this kinesphere can become unmapped and inaccessible to the brain from trauma. Through gentle, listening touch and careful movement education, Rolfers help clients re-inhabit these lost places in the brain's map of the body (kinesphere). This leads to increased sensation, coordination, comfort and ease in being upright.

While Rolfing shares some similarities with other hands-on therapies such as massage, in that it produces increased relaxation and increased blood flow/healing, there are several features that make Rolfing unique to other approaches. First, **our entry point to changing the body is through the fascia and the nervous system.** We use diverse and nuanced touch techniques to communicate with all of the different tissues and cells in the body. We listen as much or more than we "talk" during a session (through our touch that is). Secondly, and most importantly, **we integrate the changes that occur on the table into gravity.** Throughout a session, we combine structural work on the table and functional work in sitting, standing and moving in gravity. This helps client's assimilate changes they've experienced in order to carry them forward into daily life. This approach evokes better skeletal alignment, increases biomechanical efficiency, leads to greater ease and comfort in "uprightness" and creates lasting change.



**Anyone can take a body apart, very few know how to put it back together. It is gravity that is the tool, it is gravity that is the therapist.**

- Ida Ph.D., founder of the Rolf Institute for Structural Integration