



Rolf Magic Newsletter

Freedom from Pain Through Postural Change

**Robert Auerbach,
Certified Advanced Practitioner
Rolf Method of Structural Integration**

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Services Offered

Rolf 10 Series

**Rolf Advanced
– Post 10 Work**

**Rolf Movement
Integration Work**

**Higher Self
Re-Patterning Process**

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Can Rolfing Help You?

If you can imagine how it feels to have a fluid, light, balanced body, free of pain, stiffness and chronic stress, at ease with itself and the earth's gravitational field, then you will understand the goals of Structural Integration.

Athletes, dancers, students of yoga and meditation, musicians, business people, people riddled with chronic pain and stress, people from all walks of life and all ages, come to Structural Integration not only for relief from their pain and stress, but also for improved performance in their professions and daily activities.

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How Rolfing Can Enhance Your Yoga Practice

Siana Sherman, a yoga instructor, had a nagging case of sciatica. She decided to explore Structural Integration (aka Rolfing) bodywork. She reported that "after each session she would go home to my yoga matt and try different poses. I was amazed to find that my body was literally unwinding. Each session would open up so many new layers to explore." That alone might be worth the price of admission but Sianna found that by feeding the effects of these two powerful modalities back and forth, reinforcing each other, her sciatica was cleared up.

Yoga

At a time long before there were yoga studios in most neighborhoods and instructors in many fitness centers, Ida Rolf, the developer of Rolf Structural Integration was a serious student of Yoga. According to Rosemary Fretis, in *Ida Rolf Speaks On Physical Reality*, "in the years of practicing Yoga and discussing its principles, she was establishing the basis for all her future work: that bodies need to be lengthened and be balanced, and that a balanced body will give rise to a better human being."

Lower Back

Because of the many overlapping goals of yoga and Rolfing (including greater flexibility, easier and deeper breathing, better posture and natural strength), it is not surprising that many yoga teachers and students have found their way to Rolf bodywork. John Curtis is one such yoga student whose yoga teacher had suggested John try Rolfing to help release chronically tight muscle groups that were preventing him from easing into certain yoga asanas or postures.

Benefits of Rolfing

John told me that among the many benefits he received from Rolfing, was a tremendous improvement in his mid back, along with a "new sense of freedom of movement", and a resolution of plantar fasciitis. When asked about the mutual benefits of Rolfing and Yoga, John said "my Yoga practice had not been progressing as much as I wanted. As the tightness in my right hip was released by Rolfing, I found asanas like the Tree and the Triangle pose, easier to accomplish. I also found that my experience with Yoga gave me an intuitive understanding of what you were doing as you Rolfed my body—working together was like the opening up the petals of a flower."

Truly Yoga and Rolfing are twin Royal paths to alignment and being present in your body. Each path alone holds many benefits, but together they generate a profound synergy for transformation through that vehicle which is always closest to hand.

For more information or some answers to your specific questions about how Rolfing can help you, please contact Robert Auerbach, Certified Advanced Practitioner. You can call him at 313-407-6343 or email him at rolfmagic@talkamerica.net

If you have never had a session call today (313-843-0619). If you have experienced the great benefits of the Structural Integration 10 Series and it has been at least six months, you may want to enhance your gains with "post 10" Rolf sessions.

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THE ROLF FAMILY DEAL

New to Rolf Structural Integration? Looking to spread the benefits to a family member or friend?

From April 1st thru the end of May, if you and a family member or friend begins the 10 Series the same week, than both of you will receive the first and tenth sessions free. ***That's a savings of \$400.00.***

If you already know from firsthand experience the great benefits that Rolf work can provide and your looking to begin a post ten three series, bring in a family member or friend and receive **\$50.00 off your first session and your guest will receive \$50.00 of their first and tenth session.**

Rolfing Exercise- Core Leg Extensions

Start by lying on the floor with your knees bent and your feet flat. If you wish, you can do Core Leg Extensions on a blanket or yoga matt. Take at least 3 or 4 slow deep breaths and with each exhale allow your abdomen and lower back to become heavy and sink toward the floor.

When your waist and lower back feet rooted to the floor, begin to slowly extend your left foot, until your left leg is completely extended. Then reach out (extend) your left heel. Repeat this pattern 4 to 6 times on the left, each time the connection between this movement and lower abdomen and low back. Then repeat the sequence on the right leg.

The exercise will help engage the psoas muscle as well as lengthen the low back and waist. Though simple, this is a powerful pattern that can take us to our moving core. As with all Rolf movement work, it's good to spend a moment walking and noticing the quality of your walk, before you do the leg extensions and then walk again after your done, noticing the changes in your movement. If you have any questions about this exercise call Robert at 313-843-0619.