

Today we all live more stressful lives than ever before. Stress is now the number one problem which causes health problems, poor focus, and produces physical, emotional and mental problems. Humans have always used forms of touch therapy for stress and pain relief and this form of body therapy takes advantage of the plasticity of the human body to reverse the tendency for all bodies to shorten and for joints to twist due to unresolved stress. Once your body begins to lengthen out again, you can't imagine how easier your life becomes. It's amazing!

"I was certified in 1985 at the Rolf Institute. I am an advanced practitioner and have studied many other systems of touch and trauma therapy. I am also a licensed psychotherapist in Colorado. I work with individuals to help resolve trauma, stress and overload, the biggest causes of health problems and unhappiness we have today as demonstrated in research. If I might be of assistance, do not hesitate to call me".

*David Delaney*



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# ROLFING™

*Structural Integration*

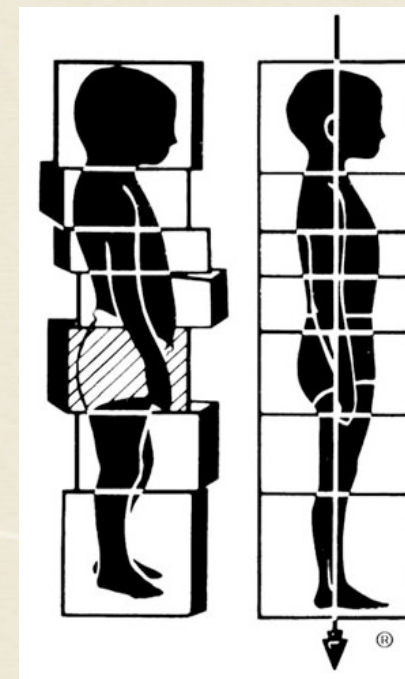
David Delaney, MA CAR NFP LPC

Advanced Certified Rolfer™

*27th year of practice*

Member of the Rolf Institute

[www.DavidDelaneyRolfing.com](http://www.DavidDelaneyRolfing.com)





*Dr. Ida P. Rolf: Research Fellow at Rockerfeller Institute for Cancer Research in New York City and found of Rolfing method*

Dr. Rolf was seeking solutions to her sons' illness as well as issues she had, that the conventional medicine could not assist with. Her research brought her to yoga, which is an ancient understanding of how to maintain body length and joint mobility, among other things. She also studied homeopathy, osteopathic medicine, and chiropractic medicine and looking into the principles from the movement schools of the early part of the 20th century.

Over the course of many years, she developed an approach which she began to teach at the Rolf Institute of Structural Integration to bring a body back toward verticality. She said that all bodies become distorted over time and that all bodies can be brought back toward a more vertical arrangement. Her vision has touched many thousands of individuals all over the world.

If you are looking for help with a body issue, Rolfing is likely to be able to help because it is so comprehensive in scope and approach.

## ADVANCED BODY CARE

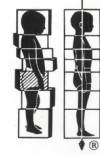
Fascia, or commonly known as connective tissue, is a unitary, all pervasive tissue that is the packaging or organizing material of the body. It is the 'organ of movement', as Dr. Rolf called it. This tissue, Dr. Rolf discovered in her cancer research, has the ability to metabolically shorten and twist, but can inversely be re-shaped and be brought back from those negative changes with expert manipulation. That is what it can do for you.

### IMPROVED POSTURE

One of the biggest benefits that clients speak about is that their posture is improved. Babies postures are all similar, but as we grow we take on the behaviors of those around us as well as being affected by the accidents, illnesses, unresolved trauma, and injuries of childhood and adolescence. So by the time we reach adulthood, our bodies have gone through a series of changes that have distorted our original pattern and now we are relating differently, less efficiently, to Gravity. Just look around at people.



*Fascia: that which binds all muscles, nerves, and organs. The packaging material 'under' the skin.*



**ROLFING®**  
Structural Integration

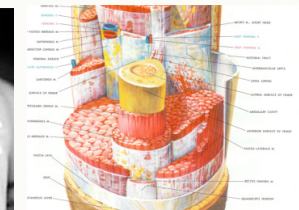
*Dr. Rolf's educational logo: bodies can be distorted as well as re-organized to function better in Gravity.*

### IMPROVED MOBILITY

When a body improves its posture, or the major segments improving their vertical relationship to one another, we experience improved as well more efficient/effective movement. Any system that has to over-work is spending more energy than necessary and we all know that we have limits on how much we can spend without being depleted. Rolfing has a direct affect on the bodies effectiveness in functioning day to day.



*All bodies carry trauma from past injuries, accidents, illness... and all can benefit from professional care...*



*All the WHITE material around muscles is the fascia; it can be re-shaped because it is a plastic/elastic medium.*

### DECREASED ENERGY OUTPUT

Nature is very efficient. If we are having to carry ourselves around because the segments of our body are not aligned in a vertical relationship, we are losing precious energy that could be spent in more creative ways. People often say that they have more energy, more 'spunk' after a Rolfing series. The before and after pictures to the right demonstrate the structural change in how the body is aligned. Which ones feels most comfortable to you? Left or right?



*This before and after images shows structural changes produced by a Rolfing 10 series.*



*Dr. Oz on the Oprah Show being Rolfed. He feels it 'releases the joints' and recommends it highly.*