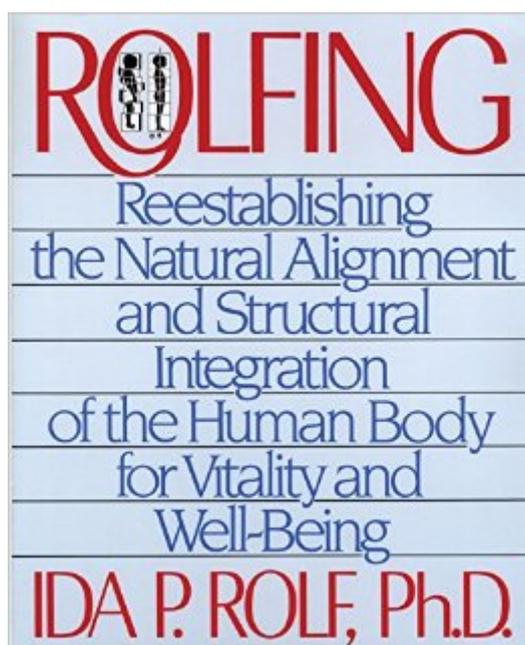


The book was found

Rolfing: Reestablishing The Natural Alignment And Structural Integration Of The Human Body For Vitality And Well-Being



Synopsis

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.

Book Information

Paperback: 304 pages

Publisher: Healing Arts Press; Revised edition (October 1, 1989)

Language: English

ISBN-10: 0892813350

ISBN-13: 978-0892813353

Product Dimensions: 8 x 0.7 x 10 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (28 customer reviews)

Best Sellers Rank: #317,835 in Books (See Top 100 in Books) #283 in [Books > Health, Fitness & Dieting > Alternative Medicine > Massage](#)

Customer Reviews

Rolfing can make profound changes in posture and movement. This book tries to get beyond the medical dissection model of anatomy and really get at the way the core postural muscles are supposed to coordinate movement. The chapter on the psoas is worth the price of the book. This IS NOT a how-to on Rolfing nor does it get into the transformative powers of Rolfing from the perspective of someone who is undergoing processing. It is more a book of anatomy and kinesiology.

I found this book to be very helpful in deepening my understanding of the way the different parts of the body are interconnected and interdependent. It has influenced my yoga practice and my teaching. I better understand how the physical practice of yoga helps with spiritual transformation. I highly recommend this to anyone who wishes to be actively involved in your own transformation and

evolution. This book will help yoga teachers identify the bony landmarks on the body to help brighten a student's alignment and free up energy in the body. It starts from the feet and moves up, just as you would create any pose. The language is easy to understand and there are many valuable drawings and photographs which illustrate each point.

I am a clinical massage therapist in Seattle, WA. I was trained in a method of manual therapy called Neuromuscular therapy by its founder, Paul St. John. I came to understand the importance of balance in the structure of the body. When a friend gave me an original copy of this book: 'Rolfing: Reestablishing...' by Dr. Rolf I fell right into it. Dr. Rolf was the progenitor of a point of view that stresses a.) close examination of the alignment and physical (or structural) balance of the body, b.) a direct relationship between structure and function in this regard, and c.) the notion that a manual approach can re-organize the body in a deep and meaningful way. I kept discovering very quotable passages, and thinking 'That's what I always say'. I came to see that without Ida Rolf as my grandmother in the field of hands on therapy, I could never have been trained in a way that I could have had those insights. A very validating experience to find that you had got the message, even when you really derived it from things that you heard second hand. As a text, this book goes a long way to filling in some of the mysterious blanks in our understanding of the body and its function in gravity. It has enjoyable prose, flowing description and explanation, countless photos of case studies, and even more valuably it has a great number of hand-drawn illustrations, I believe by Ida Rolf herself. The book covers specific subjects that are not undertaken by any other texts I have read in this field, where balance and structural orientation are concerned (look for the biomechanical description of the function of the pelvic floor, for example). For people who work with the body in a hands-on clinical fashion, this book is a classic. It would fill a great gap on the shelf on anyone concerned with physical examination as well. I can heartily recommend the book at this price, too.

This book is invaluable in understanding the inter-relationships within the human body--and nothing is more important for proper assessment and treatment of myofascia. This is not a technique book, rather a book which details the fundamental principles of structural bodywork. It will aid any therapist in gaining a deeper understanding of the human body and avoiding the all-too-common problem of symptom chasing. Read this book to understand how structure affects function, and function affects health.

Right, so, I was looking for a book on rolfing and this is THE book written by THE doctor. I figured

there'd be a lot of great information in it. Well, there are a lot of convincing before and after pictures that suggest that rolfing really does work for some people. But there was none of the practical hands-on information about how to find what is wrong and how to make it better. I do think it's a useful book, but it only goes part of the way. It ends up being one part anatomy book, one part philosophical manifesto, one part marketing. I want the chapters on how to identify problems and fix them.

I was very gladly surprised when I saw how well Rolf writes, as I was expecting the originator of Structural Integration therapy to use a "heavy" language, like F.M. Alexander did in his books on the Alexander Technique. The only thing keeping me from breezing through this book are my own ponderings on the insights Rolf constantly gives me. If you are interested in the human body in any way, get this (you should get it anyway, you will become interested!).

It was the perfect intro prior to taking my first Structural Bodywork course. I would recommend this for the professional. i.e.: Physical or massage therapist etcetera. Additional Suggestions to Consider The other book that took my therapeutic massage into structurally based application is Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists by Tom Myer's (a student of Ida Rolf). The DVD of Art Rigg's - Deep Tissue Massage and Myofascial Release: A Video Guide to Techniques is also highly recommended. He goes (and shows) in detail along with good explanations and share tips that only a veteran bodywork would have. Seeing a moving hands-on application completely revamped my massage practice. FYI: Skip the book version - go straight for the DVD.

[Download to continue reading...](#)

Rolfing: Reestablishing the Natural Alignment and Structural Integration of the Human Body for Vitality and Well-Being
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)
American Heart Association Complete Guide to Women's Heart Health: The Go Red for Women Way to Well-Being & Vitality
The Wonders of Water - How H2O Can Transform Your Life: Vitality, Detox, Weight Loss, Quality Water, Benefits (Water Health, Vitality, Weight Loss, Fruit Infused Book 1)
Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication)
Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup,

Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Enterprise Integration: An Architecture for Enterprise Application and Systems Integration Your Body, Your Yoga: Learn Alignment Cues That Are Skillful, Safe, and Best Suited To You Reiki: A Complete Practical Guide to Natural Energy Healing, How To - Awake Your Body And Soul, Restore Your Health And Vitality. (Reiki For Beginners, ... Techniques, Awaken Your Chackras) Natural Posture for Pain-Free Living: The Practice of Mindful Alignment BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Equine Structural Integration: Myofascial Release Manual How To Analyze People: Body Language and Human Psychology Guide to Mastering Analyzing (Analyze People, Body Language, Human Psychology, How to Analyze People) Organic Body Care Recipes Box Set: Organic Body Scrubs, Organic Lip Balms, Organic Body Butter, And Natural Skin Care Recipes The Endometriosis Natural Treatment Program: A Complete Self-Help Plan for Improving Health & Well-Being Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Juicing with the Omega Juicer: Nourish and Detox Your Body for Vitality and Energy Coaching Basketball: 30 Set Plays and Quick Hitters for the 1-4 High Alignment (Volume 3) Achieving Financial Alignment Alignment Matters: The First Five Years of Katy Says

[Dmca](#)