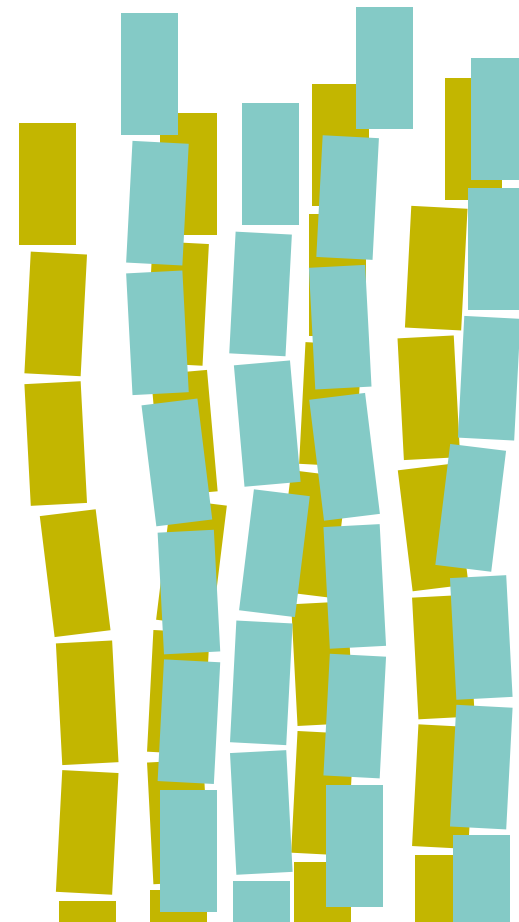


**Experience
improved
alignment and
easy, graceful
movement!**



Rolfing® Structural Integration and Normal Function will help you reach these goals, enabling you to go through life with more ease.

Rolfing® Structural Integration

In a series of individual Rolfing-Sessions, your body's connective tissues are selectively lengthened and softened, thus allowing for fluidity of motion and improved balance. In the course of these sessions, you will begin to experience the ease of movement typical of Normal Function.

Normal Function

In our Normal Function courses you will gain a comprehensive knowledge of the principles and practice of what we call normal movement or Normal Function.

There is an ideal form of movement for the human body, which requires the least amount of energy and exertion. Your muscles have to work less and your movement becomes more economical and more graceful, resulting in diminished over-all strain on your body.

In our courses, you will learn to perform any given movement with the least possible effort: e.g. bending and carrying heavy objects, but also seemingly simple actions like walking, sitting and standing. This will enable you to avoid excessive strain on your body in everyday life.

Learn more about your body and its movements.

**Want to know more?
We look forward to your call or email.**

**You can find licensed practitioners of Rolfing
Structural Integration and Normal Function at:**

www.sgsi.ch

