Rolfing® Structural Integration 10-Series Overview



Sleeve Sessions

Session 1
Open the breath. A free and open breath prepares the body for the demands of the upcoming changes. A full breath provides support for the chest, shoulders, and neck. Some work on the arms may occur.
Session 2
Find the feet. Opening the breath changes the physical demands on the feet, so we create flexibility and adaptability there so that the whole body can feel supported.
Session 3
Lengthen the sides, balancing front and back. Now we open up the sides of the body and differentiate soft tissue

of the pelvis from that of the ribs to allow the pelvis more

Core Sessions (deep tissues influencing spine)

movement options.





around the head, we balance the head and neck atop the

Integration Sessions

flexible spine.

Session 8	Integrate the upper/lower body. Depending on the needs that present themselves, we solidify changes in the upper or lower body. Integration sessions help reprogram movements and make changes last.
Session 9	Integrate the upper/lower body. Changes in the other part of the body are reviewed in light of the changes of the previous session.
Session 10	Integrate the entire body. We coordinate soft tissue movement across multiple joints so that movement can be as unfettered and free as possible.

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