

# ROLFING® 10 SERIES

## **1. BREATH:**

Freeing the torso, shoulders, neck, and head, and beginning work on the pelvic girdle and hips.

## **2. SUPPORT:**

Working on the feet and legs, and connecting the support into the spine.

## **3. LATERAL LINE:**

Helping to create depth and length, and working with a deeper awareness of one's posture and ability to lift through the body.

## **4. CORE SUPPORT & AWARENESS:**

Working on the inner line of the body through the inside of the legs and the pelvic floor and spine.

## **5. FRONT BODY:**

Working on the torso, freeing the ribs and diaphragmatic functionality, and addressing length and balance within the iliopsoas structures.

## **6. BACK OF BODY:**

Working on the back of the legs up through the occiput.

## **7. HEAD & NECK:**

Creating balance and ease into the shoulder girdle and torso. This is a vital component regarding the ownership of length and lift in the body.

## **8/9. ORGANIZATION & INTEGRATION:**

Both sessions 8 and 9 offer an opportunity to revisit structural imbalances that continue to hinder freedom of movement and alignment for the client.

## **10. CLOSURE:**

Focusing on enhancing ownership of the changes that have occurred and encouraging a deeper awareness of lift in the body.

