

## WILLIAM KAYE – CERTIFIED ADVANCED ROLFING™



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People become interested in Rolfing® for a variety of reasons. You may want to enhance your posture or the quality of your movement or balance. Or, you may suffer chronic or sporadic discomfort and pain.

### WHAT TO EXPECT

Rolfing is usually done in a series of sessions. Most people begin by doing a basic series of 10 sessions where we attempt to unravel the tension, constriction or shortness that can build up in the connective tissue system. The connective tissue system is made of the fibrous wrapping that holds all our muscles, bones and organs together. This tissue will thicken and toughen when stimulated. That is generally a good thing when it is responding to exercise or repairing the body from an injury (scaring). We run into trouble when the connective tissue tightens or shortens in response to various kinds of physical or emotional stress.

The good news -- connective tissue is not cement. With gradual and systematic manipulation (Rolfing) it can have its flexibility and length restored; freed and repositioned so the body can stand and move more comfortably and efficiently.

### TRY A SINGLE SESSION

The effect of Rolfing is very direct and immediate; usually within a few minutes into a first session you will start to feel things shift or change. Imbalances or areas of inflexibility that have been in the body for some time usually don't dissolve instantly but a single session is more than enough for most people to perceive a shift as we start resolving or reducing any immediate discomfort you are experiencing. As we draw stress out of your system in a general way, we open up the respiratory pattern making it easier for your ribs to move under your shoulders and helping your upper body (chest) rest on your lower body (hips and legs) with less effort.

The first thing we will do is sit and talk. I will want to find out what your goals are -- what you may have been feeling lately in your body -- what has molded your body in the past. If I know some basic facts about your lifestyle and medical history, I can better understand the best way for me to efficiently make the kind of changes you are interested in. Because it is important to be relaxed and comfortable with your modesty satisfied, men wear basic under garments or loose shorts – women, the same, a two piece bathing suit, or loose shorts and sleeveless top. It's best that attire be fluid enough to move easily so work can be done on all the effected muscles.

Remember, the body is a unified system and to make a change in one area, we need to work on the whole thing. Some of the tension we feel in our shoulders is also in our back, hips, legs etc. During the ten sessions we unravel the imbalances and tension in the entirety of the body in the most comfortable and efficient way possible. No one has to be a "good student" to receive the optimum benefits from Rolfing. There is no homework. Our instinctive affinity for comfort, balance and efficiency directs us to evolve in the direction we want to go.

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William Kaye is a Certified Advanced Rolfer™ and member of the ROLF INSTITUTE © for more than 25 years; where he taught Rolfing and served on the Admissions Committee.

He is certified to practice Somatic Experiencing by Peter Levine and the Foundation for Human Enrichment and trained in cranial-sacral techniques at the Upledger Institute.

*by appointment only. Insurance typically does not cover Rolfing. Check with your wellness program or benefits plan.*