



Client Clinic Informational Overview

Rolf Institute® of Structural Integration

IS ROLFING® Structural Integration FOR YOU?

Rolfing SI is a unique form of Structural Integration that promotes good posture and alignment by manipulating connective tissue to release, realign, and balance the whole body. Rolfing SI also aims to rejuvenate and revitalize you as it diminishes and relieves pain, stiffness, and chronic stress.

HOW DOES THE STUDENT CLINIC WORK?

The Rolf Institute of Structural Integration (RISI) is accepting clients for our Community Client Clinics, which are staffed by students in the various stages of their Rolfing training. These clinics are an integral component of all Rolfing instructional programs and, as such, provide an opportunity for community members to experience the benefits of Rolfing SI at a discounted rate.

All RISI Clinic sessions take place in a classroom environment, meaning that several clients work one-on-one with their assigned Rolfing student practitioner simultaneously and always under instructor supervision. This environment benefits both you, the client, and your student Rolfer™ since it allows him/her to develop individualized Rolfing plans that meet your needs while reinforcing their understanding of standard Rolfing practices.

Available clinics include the Basic Ten-Series, Basic Ten-Series + Three Rolf Movement® Sessions, Post Ten-Series, *Skillful Touch*, Rolf Movement Integration, and Advanced Rolfing Structural Integration. ***Please note that we require your commitment to attend ALL the sessions in a series, as it is crucial for both your experience and the students training that all sessions are completed.*** Space is limited!

*It is also possible to receive Rolfing SI from an instructor by serving as an Instructor Client.

AVAILABLE CLINICS

Basic Ten-Series and Basic Ten-Series + Three Rolf Movement Sessions

These sessions are staffed by students in their final phase of training just prior to becoming Certified Rolfers. Sessions are generally scheduled two times per week over a 5-6 week period (Basic Ten) or 6-7 week period (Basic Ten + Rolf Movement Sessions). Sessions run approximately 2 hours each and cost \$25.00 per session, a total of \$250-\$325, depending on the series. (Note: Because of the nature of the work, this program is not appropriate if you have experienced the Ten-Series within the last five years.)

Rolf Movement Sessions

These sessions help the client (you) to understand present movement patterns. Your student practitioner will attend to each part of the body, releasing specific holding patterns, and then integrating that part, through movement, with the rest of the body. Over time, you will learn a simple series of centering movements that can be taken into everyday life to ease pain and stress and generally enhance your mobility in all activities.

Post Ten-Series

This series of 3 Sessions is generally scheduled one to two times per week over a 2 week period. Sessions run approximately 90 minutes each and cost \$30.00 per session, (Note: This series is designed for individuals who have already received the Ten-Series.)

Other Clinic Options

Throughout the year, there are also opportunities for clients to experience *Skillful Touch* and Advanced Rolfing SI. Please inquire about scheduling for these periodic RISI Clinic programs.