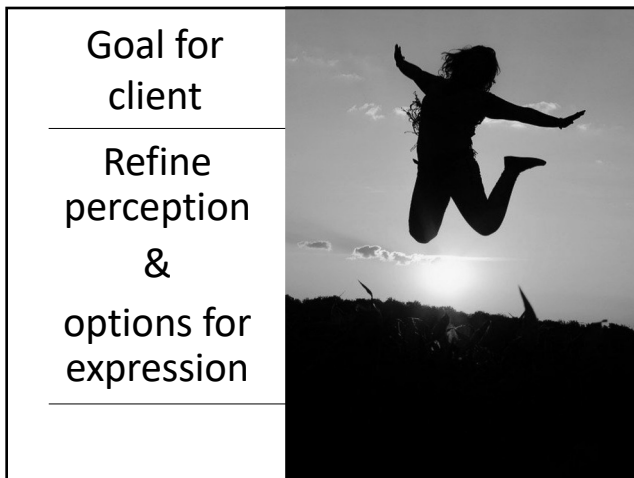




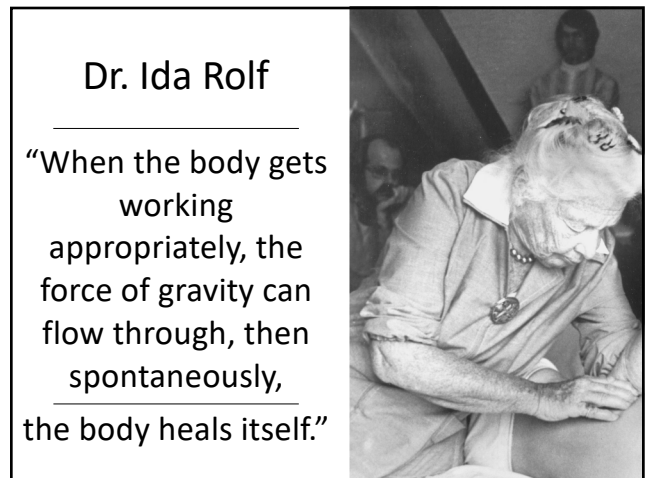
1



2



3



4

**Things to consider when working...**



5

**Clients should be as relaxed as possible...**



6

**but challenged by new positions.**



7

**You want to view them in different ways...**



8

**to discover new opportunities...**



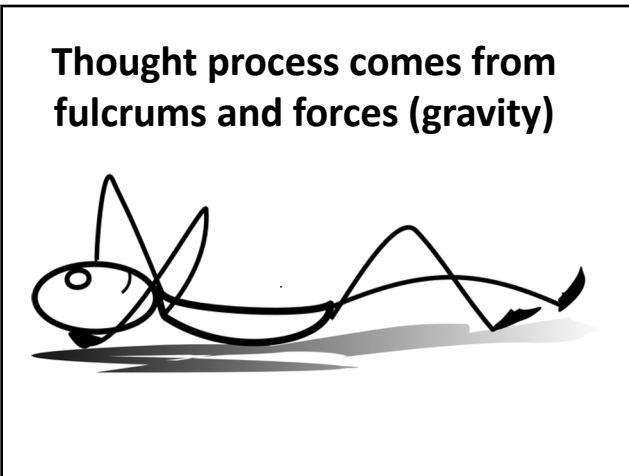
9

**transforming how they view themselves and their world.**



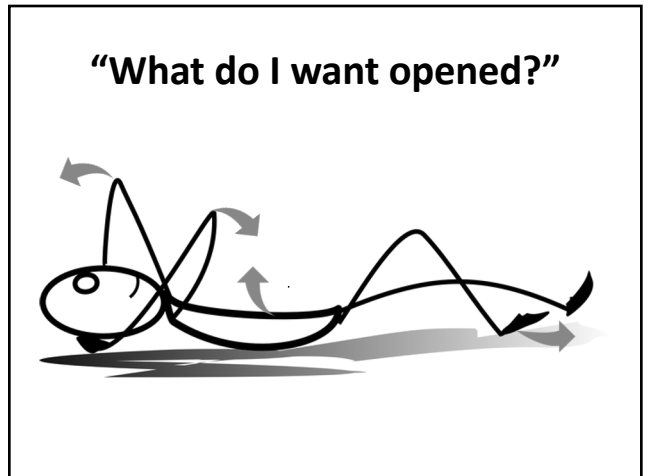
10

**Thought process comes from fulcrums and forces (gravity)**



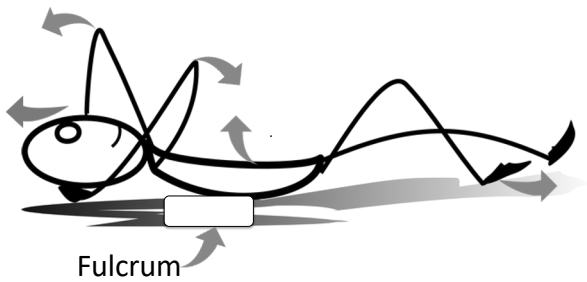
11

**“What do I want opened?”**



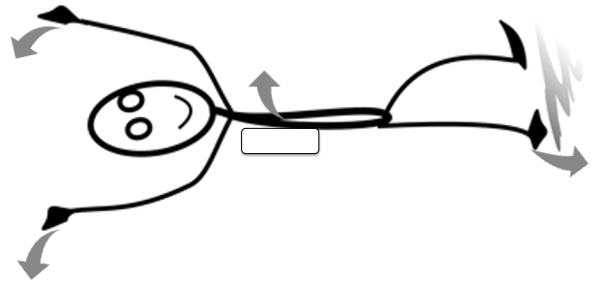
12

**“Where do I need a fulcrum?”**



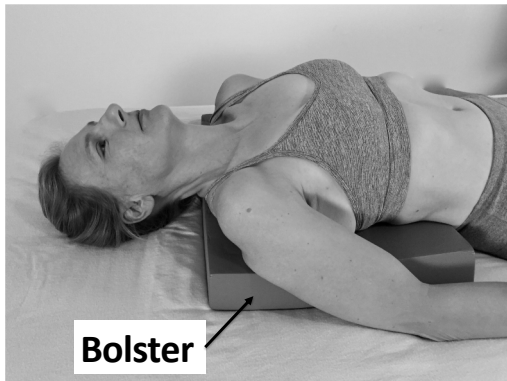
13

**Then watch gravity influence the body**



14

**Supine – Bolstered Thorax**



15

**Supine – Head Off Table**



16



**Supine – Head & Arm Off Table**



17

**Supine – Head Off with Support**



18

**Supine – Twist**



19

**Side-lying – Scissor Legs**



20

**Side Lying – Modified Sims**



21

**Prone – Head Off Table**



22

**Prone – Head & Arms Off Table**



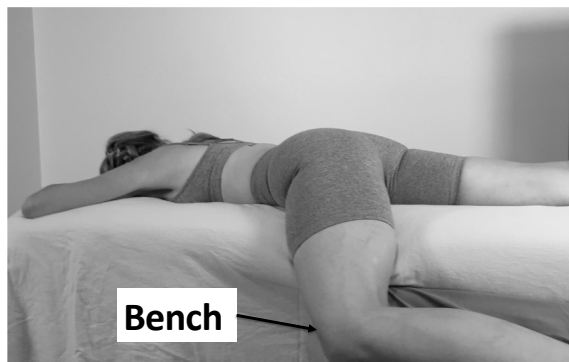
23

**Prone – Arm Off Table**



24

### Prone – Leg Off Supported



25

### Seated on Table – Z-Position



26

### Supine – Lower Legs Off Table



27

### Seated on Table – Leg & Foot Work



28

**Seated – SG Work with Arm Support**



29

**Seated – SG Work with Head & Arm Support**



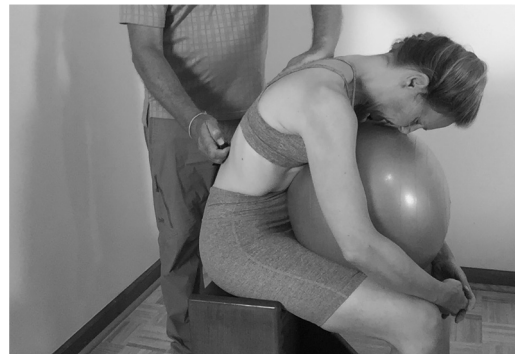
30

**Seated – Back Work with Table**



31

**Seated – Back Work with Ball**



32

### Standing Integration – Back Work with Hands on Table



33

### Standing Integration – Wall Work



34

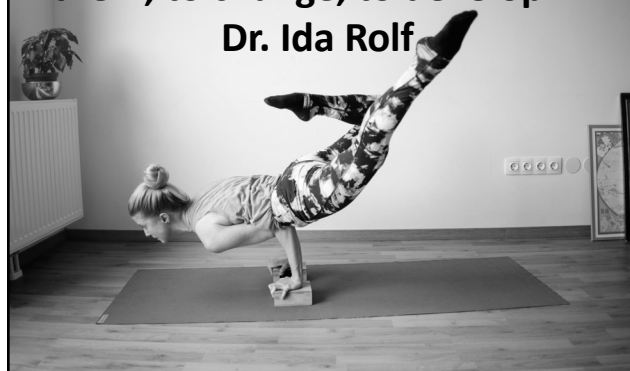
Nobody can fight gravity for long...



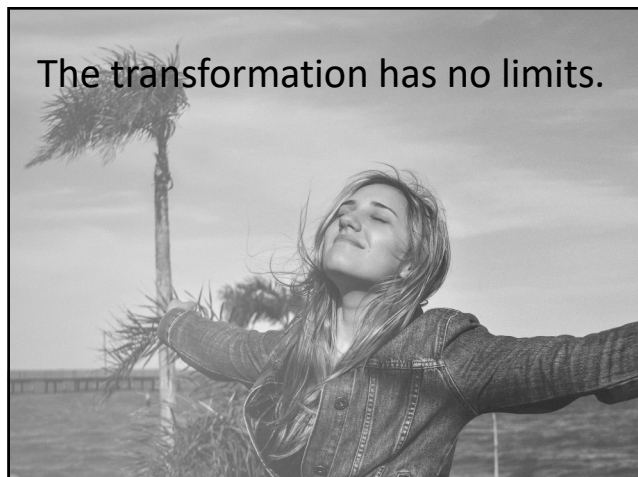
35

"Do not work on people, work with them, to change, to develop."

Dr. Ida Rolf



36



37



38