

- ❖ By addressing the body, the mind and the movement simultaneously, SI straightens out structural imbalances in the body, increases flexibility and energy, while releasing stress, anxiety and depression.
- ❖ SI teaches and empowers you to do things for yourself to help bring your body back into alignment.
- ❖ SI Clients become more in tune with their bodies. They can move with greater ease, fluidity, grace, efficiency and feel a sense of alignment within their bodies.
- ❖ More efficient use of your muscles allows the body to conserve energy, resulting in increased levels of energy and alertness.
- ❖ Feelings of stress can decrease while your level of relaxation can increase.
- ❖ SI seeks to recondition the body and make the connective tissue less rigid.
- ❖ SI helps release an individual's potential, promoting positive change, lowering anxiety, improving sleep, increasing confidence, and maturing emotional expression.
- ❖ SI creates new awareness and lasting change based on the concept that healing comes from within.
- ❖ SI is designed to make us experts of our own bodies and to help us create a sense of empowerment by emphasizing self-responsibility, prevention and education in self-care.

Teena K. Evert M.A., CSIP, NCTMB is a somatic (body-oriented) practitioner certified in The Rolf Method of Structural Integration, registered as a massage therapist, and Nationally Certified in Therapeutic Movement & Bodywork.



She provides effective solutions for relief from chronic symptoms of stress and overwhelm with an emphasis on the foundation of health in body, mind, emotions, and spirit.

THE IYENGAR YOGA CENTER OF DENVER

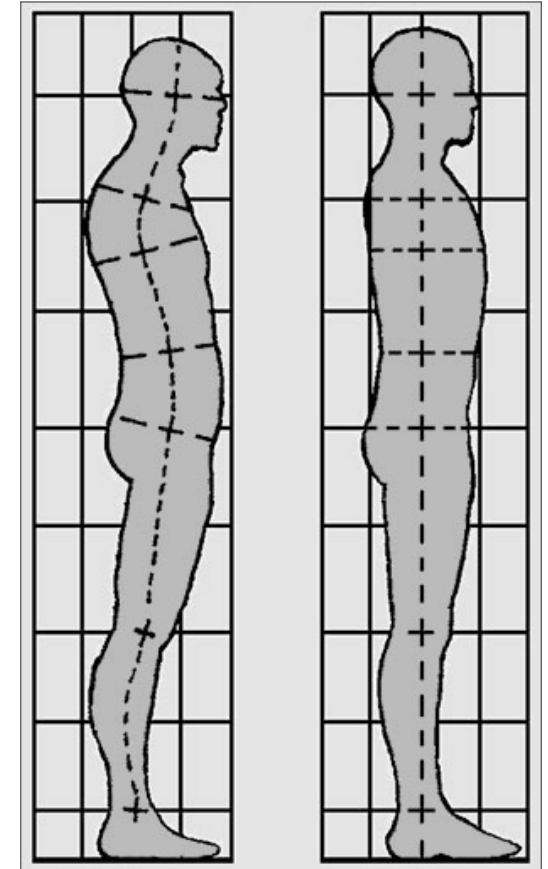
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For more information, please call
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* Discounts available for IYCD students

THE ROLF METHOD OF



STRUCTURAL INTEGRATION



Dr. Ida P. Rolf was an acclaimed U.S. scientist and pioneer of complementary medicine. She developed Structural Integration (SI), which grew from the pre-existing complementary practices of osteopathy and yoga. This method became known as Rolfing, as a modification of Ida Rolf's own name.



Structural Integration

WHAT IS STRUCTURAL INTEGRATION?

Structural Integration (SI) addresses the entire body as one integrated system, re-balancing the entire body to a more aligned state, while supporting an awareness of how emotional stress contributes to muscular tension and rigidity

Physical realignment may sometimes be insufficient without addressing and improving emotional health.

SI is a dynamic, multi-level system of deep-tissue bodywork that helps release areas of the body that have become tense, strained, compressed, twisted, rotated and misaligned. The focus of Structural Integration is on the fascia rather than on the muscles (as in massage).

SI elongates the spine, straightens the joints, strengthens the core, restores alignment, balance, length and flexibility to the tissue, spine and muscles while centering and grounding you.

THE CLASSIC 10 SERIES

The Classic 10 series is designed to balance your body in segments, with each session addressing a different aspect of your structure and movement. Each session builds upon the last, addressing layers of tissue throughout the process

Sessions 1 through 3 focus on unwrapping the surface layers of fascia while address breathing and inspiration, grounding and balance.

Sessions 4 through 7 are the core sessions, where deeper layers of fascia are released, rotations in the joints that have been compensating for physical imbalances are addressed allowing the body to lengthen.

Sessions 8, 9 and 10 are the integrative sessions which combine Structural Integration (bodywork), dialogue, and movement education.

BENEFITS

- SI helps develop the awareness of mind, body and spirit connectedness.
- SI elongates the spine, straightens the joints, strengthens the core, restores alignment, balance, length and flexibility to the tissue, spine and muscles while centering and grounding you.
- SI movement education can affect your level of daily functioning by helping to change unhealthy patterns in common activities such as sitting, walking and breathing.
- SI has been said to be a fast track to yoga. In 10 sessions you will see the benefit that you would after years of yoga.