

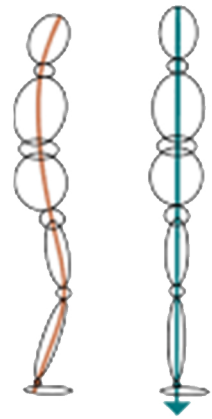


What is Rolfing Structural Integration?

Rolfing is a systematic and holistic method of manipulating the muscle and fascia to help the body return to structural balance in movement and gravity.

Who can benefit from Rolfing SI?

Athletes, dancers, children, business professionals, after surgery clients, musicians, people with TMJ and people from all walks of life have benefited from Rolfing SI.



Benefits

- Restore flexibility
- Revitalize your energy
- Alleviate pain
- Release tension
- Chronic stress
- Improve performance
- More efficient use of the muscles
- Creates more economical and refined patterns of movement
- Reduced the spinal curvature of subjects with lordosis

Straight to Health LLC

1224 E Green St #100

Pasadena, CA 91106

(314) 498 - 4070

victor.aguilar@straighttohealth.us