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ROLFING®

BY ROBERT TOPOREK

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Give yourself or someone you love the perfect gift — Rolfing by Robert Toporek

Relieving chronic pain, transforming one's posture, turning stress into vitality, increased confidence and self-expression — sound too good to be true? These are some of the benefits of Rolfing.

Since 1975 Robert has Rolfed over 5,000, men, women, families, babies, and children.

He has documented the results through pictures, video, and individual client documentation.

Our posture tells the world quite a bit about us — whether you want it to or not. Your body keeps an accurate record of all the trauma and troubles you've had in your life — Accidents. Abuse. Attitudes. Stress. All are right there for everyone to see. No matter how you dress or try to conceal who you are inside, body language never lies.

And poor posture is a pain. It can trigger physical ills such as chronic backache, headaches and migraines, shoulder and neck discomfort, tension and physical stress, arthritis-like pain, and even sexual dysfunction. Quite simply, poor posture is a pain, and the older you get the worse it becomes.

WHAT IS ROLFING? Rolfing was developed in the 1960s by Ida P. Rolf, a Ph.D. in biochemistry who discovered the magic of connective tissue. She

developed a program of mind body transformation that affectionately became known as Rolfing. Initially there is a series of ten sessions, usually weekly, approximately an hour or so long. Each session addresses a different area of your body and corresponding issues in life — Letting go of what you may or may not know is holding you down or holding you back. Stepping up and stepping out, moving in a new direction.

Rolfing literally “restructures” your body and your life. The results are immediate and permanent. The technique is as pleasurable as getting a good massage yet far more powerful. In the initial 10 corrective sessions, you'll experience dramatic improvements in your stance and bearing. You will gain a new feeling of freedom, grace, ease, and balance.

From the moment that we are conceived, flexor muscles that contract overpower muscles that extend. Over time, through both trauma and imitation, these patterns literally become ingrained in our structures and impact how we experience and express our lives. Many of these patterns become ingrained through early childhood experiences.

Call 484.744.1868 today to schedule your first transformational session. The results are immediate and long lasting.

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