

What is it?

RolfYogaSM has its roots in Dr. Ida Rolf's Method's and Philosophy called **Structural Integration**, which is an original and scientifically validated system of body restructuring and movement education.

It releases the body's segments legs, arms, torso, etc. from life-long patterns of tension and bracing, permitting gravity to align them.

Structural Integration is the product of 50 years of study and practice by founder, Ida Rolf, Ph.D., and since her death in 1979, the many people she trained to carry on her work. In the public this system of body education and physical manipulation is known under the name of "Rolfing."

RolfYogaSM, invented by Aleš Urbanczik, explores the application of Dr. Rolf's principles to the traditional asanas of Hatha Yoga.

How does it work?

The basis of **RolfYogaSM** and **Structural Integration** consists of an inquiry into the relationship of the human being with the energy field in which it moves - the field of gravity. The gravitational field of the earth is easily the most potent physical influence in any human life.

Invariably in matter appropriate order is more economical of energy than disorder. A malaligned body will - it has to - adjust to the downward force of gravity, by creating additional elements of support - thickenings and shortenings of connective tissue. Over time this will impair joint mobility and muscle potential, which in turn, will cause more imbalance to happen a vicious circle.

The purpose of **RolfYogaSM** and **Structural Integration** is to guide the body into a natural balance with the field of gravity.

Structural Integration accomplishes this balancing through ten 60-90 minute sessions of systematic manipulation that loosen and reorganize the entire connective tissue web.

RolfYogaSM utilizes physical and mental exercises rooted in Hatha Yoga to further improve this balancing.

After **RolfYogaSM** and **Structural Integration**, not only do you stand taller and move with greater ease, but you will have more vitality and a greater sense of well being. Chronic pain is reduced and often disappears. Concurrently pleasant personality changes occur as you see the world from a less stressful, more secure structure.



Your Structural Integration Practitioner

Aleš Urbanczik was born on April 22, 1958 in Prague (Czech Republic). He has lived in the Czech Republic, England, Germany and Switzerland, and is now a native of Switzerland as well as a resident of California. Before being trained in Structural Integration by Peter Melchior and Emmett Hutchins, one of Ida Rolf's very first students, he worked as a professional actor for many theaters in Europe and was responsible for the physical training of his colleagues.

The spiritual background he comes from is that of Zen-Buddhism. Aleš received the ordination of a Zen-Bodhisatva in the French Temple of La Gendronnière. He also regularly practices and teaches RolfYogaSM and thus sees the merging of traditional eastern philosophy with our western culture as one of the imperatives of the near future.

Aleš has a private practice in Santa Cruz, where he lives with his wife Lea and his son Yannick, and regularly also works in Zurich (Switzerland).

For Appointments & Information

Aleš Urbanczik

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Who can get "rolfed"?

With very few exceptions (e.g. people suffering from connective tissue illnesses), anybody can work with **RolfYogaSM** or **Structural Integration**. Some common complaints **RolfYogaSM** or **Structural Integration** can address include:

- musculoskeletal problems (e.g. neck/back pain, TMJ syndrom, a.o)
- impaired mobility
- injuries (e.g. whiplash)
- psychological problems
- improve appearance and posture
- improve athletic performance
- improve skills on stage in dancing or acting
- improve capacity of breath and voice
- enhance personal growth

Regardless of the reason, the process of **RolfYogaSM** or **Structural Integration** results in a feeling of fitness and wholeness.

Does Structural Integration last?

Yes! Photographs taken after the Basic Ten Series show that the changes were not only still present but often improved. Keep in mind however, as life changes, bodies change in response. All injuries, accidents, lengthy illness and emotional stress may necessitate additional work.

Structural Integration & Research

Several scientific studies of **Structural Integration** have been conducted. For example, in a controlled study at the UCLA Department of Kinesiology, Drs. Valerie Hunt and Wayne Massey established that the aim of Structural Integration, "to create and maintain a more balanced energy system which conserves energy rather than expends it", was in fact achieved. They found that –

- movements were smoother, larger & less constrained
- there were less extraneous movements
- body movements were more dynamic & energetic
- carriage was more erect and there was less obvious strain to maintain held positions.

Spirituality

As a human being becomes more structurally balanced and upright, he or she will also experience more emotional, psychological and spiritual "uprightness." The meditation on what Dr. Rolf called 'the Line' is an opportunity for solving one of humanity's most important riddles: How can we have our feet firmly rooted in material reality while at the same time keeping our eyes fixed on the far stars?

The concept of 'the Line' bridges the gap between purely anatomical considerations and philosophical or metaphysical ideas, as expressed for instance in Zen Buddhism or Hatha Yoga.

The following poem describes the Koan that every human being is confronted with.

THE KOAN

With the gods
No man should ever
Seek to compare.
If he rises upward
There to touch
The stars with his crown
Nowhere can rest
His uncertain feet
And storm clouds and tempest
Will make sport of him.
If he stand firm
With sturdy robustness
On the well supported
Permanent earth-sphere,
He will fall short
So much as to vie
In vain with the oak
Or with the vine.

— Johann Wolfgang von Goethe
on the Limitations of Man

"Everybody is different, everyone has his or her specific problems and his or her grade of change.

One gets as far as one gets, this time
— next time maybe further and it nearly goes without saying that the cooperation between practitioner and client is crucial for the success of the work."

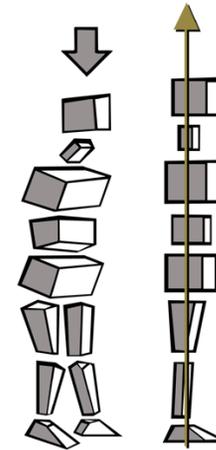
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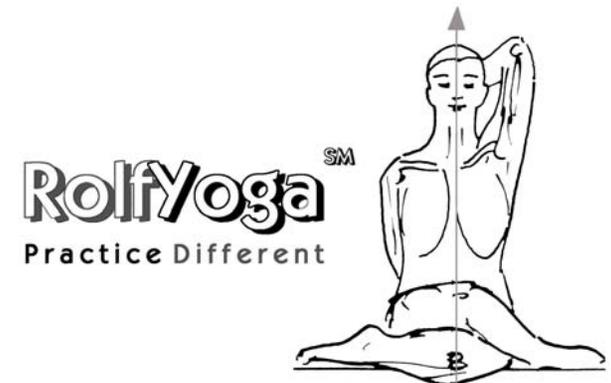
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STRUCTURAL INTEGRATION

THE BALANCE BETWEEN GRAVITY AND MAN



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Ida Rolf, Ph.D., founder of Structural Integration

Ida Rolf was born on May 19, 1890 in Brooklyn, New York. She earned her Ph.D. in Biochemistry from the College of Physicians and Surgeons of Columbia University. For twelve years she worked at the Rockefeller Institute in the Chemotherapy and Organic Chemistry departments. She also studied Mathematics and Atomic Physics in Zurich and Homeopathic Medicine in Geneva. In the 1930's, unsatisfied with the available medical treatment, Dr. Rolf explored Osteopathy, Chiropractic Medicine, Tantric Yoga, the Alexander Technique and Korzybski's work on the consciousness. By the 1940's she had developed and experienced many breakthroughs with the work she did with chronically disabled persons unable to find the help elsewhere. During the 50's and 60's her reputation spread, until she was invited to Esalen Institute in California at the suggestion of Fritz Perls, founder of Gestalt Therapy. There she began training practitioners and instructors of Structural Integration. Since then, Dr. Rolf further refined her technique and training program. There are two schools that conduct the training of Dr. Ida Rolf. The Guild for Structural Integration and the Rolf Institute. Both are involved in research to enhance the understanding of gravity's relationship to the human structure.