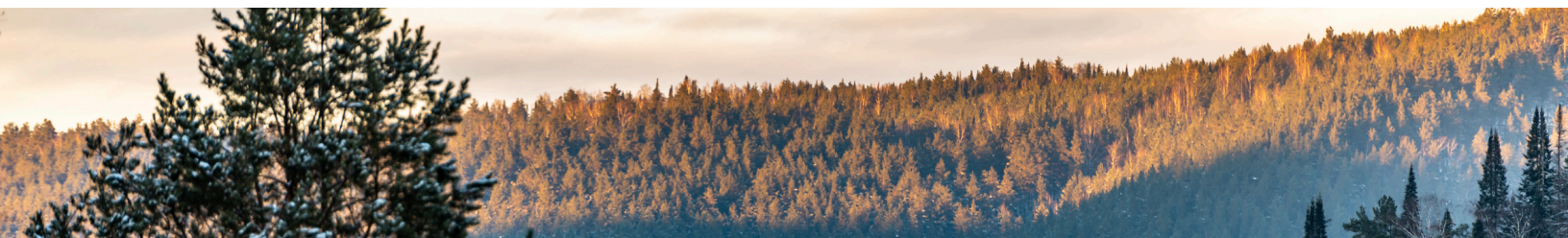


# Rolfing SLC Monthly

◆ November 2024



## Happy Fall from Rolfing SLC!

We are heading into the holiday season which can be full of friends, parties, family, and traditions! It can also be a time of stress and busyness. So how can we stay grounded? Well I say let's start from the ground up- our feet!

We have our friends, family, spiritual and religious communities as our external support system. We can find support internally in our own bodies from our feet! As Rolfer's when we organize the bones and tissues in the feet, we are able to help the rest of the body organize itself on top of them.

Want to be more present at the dinner table? Notice how your feet are supporting you. Try sitting so that your heels and toes can firmly plant on the ground and gently press into your feet to remind you upper body of the support it gets from the ground. By noticing your feet, are you able to relax your shoulders a bit more and sit a little taller? Try it out and see!

## Thank YOU!

For this Thanksgiving, we'd like to say thank you to each and every one of our clients! It is such a joy to share this work with you and you are what makes Rolfing SLC so special



We are always happy to see you!  
To schedule, head on over to our website:  
[rolfingslc.com](http://rolfingslc.com)

Mary Phillips, Certified Advanced Rolfer®  
Hannah Lies, Certified Rolfer®

“We want to get a man out of the place where gravity is his enemy. We want to get him into the place where gravity reinforces him and is a friend, a nourishing force.” -Dr Ida Rolf