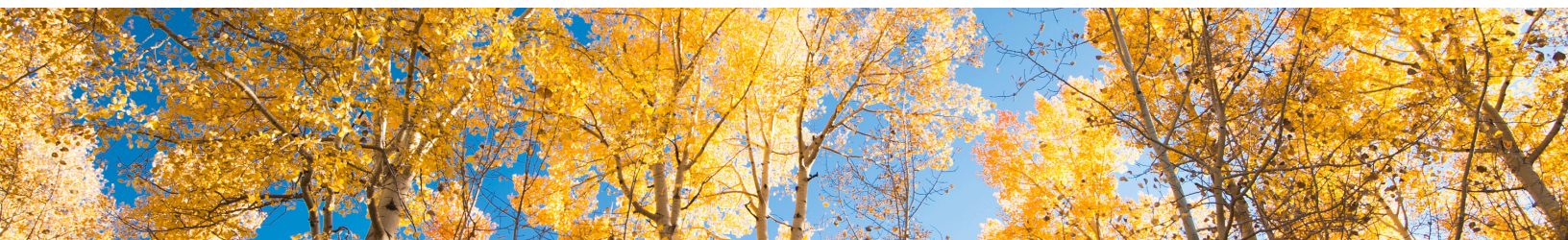


# Rolfing SLC Monthly

♦ October 2024



## Welcome to Rolfing SLC's monthly newsletter!

Each month, me, Hannah, will share with you some of the joys of Rolfing to your email inbox! This month, when we throw on a jacket and embrace the change the crisp air brings, we can be reminded of how to embrace change in our bodies.

As we wind down from perhaps a busy and active summer, we can ask ourselves, how can support, but not force, change in our bodies? How we can help our system become resilient so we are able to move forward into the next season?

With Rolfing, we can bring about change in the body by working through each layer of fascia- taking our time to ensure the body can integrate those changes. Like each Aspen leaf changing from green to gold, layer by layer, the system changes, until we have revealed a body with greater ease of movement and new beautiful possibilities.

Different bodies need different things, but one thing is for certain: slowing down and taking time to be mindful of our bodies and our environment can help us to build the strength to embrace and move easier into the next season of our lives!

“Go around the problem, get the system sufficiently resilient so that it is able to change. It doesn't have to be forced. It is the forcing that you have to avoid at all costs.” -Dr Ida Rolf

## Square Breathing

This breathing technique helps to calm your nervous system. Try this when you need a to help your body slow down and reset.

- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 4 counts
- Hold for 4 counts
- Repeat x4

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®  
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