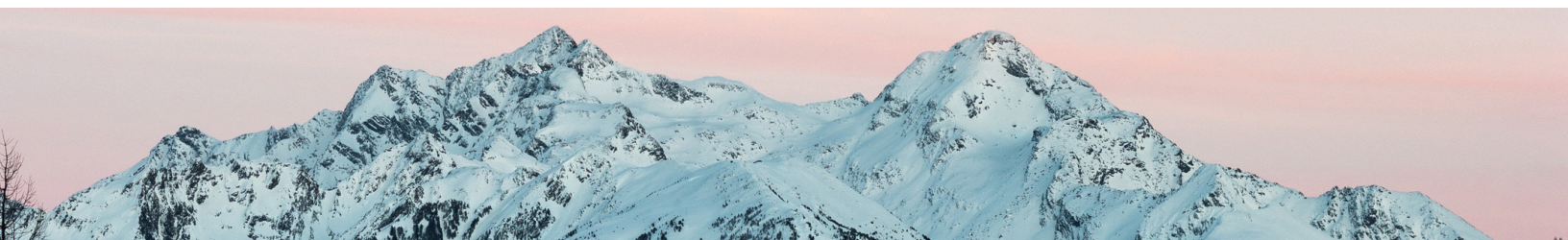


Rolfing SLC Monthly

◆ January 2025



New Year, Big Changes!

Happy New Year! I am so happy to share with you what we have been working on the past month and a half...

We are expanding into the room across the hall!

Same Rolfing SLC, just more room for more Rolfing! So that means when you walk upstairs for your session, if you are seeing Mary, she will be in her lovely sunshine filled room to the right, and I will be in the new wonderful room on the left! With the new space, I will be now be able to offer more sessions Sunday through Thursday.

It has been so fun creating this new space with each and every one of you in mind! It is always a joy to help you reach your goals, find freer movement, and move through pain to find ease. I cannot wait to see all that this New Year and new room bring!

Hannah

Try this: Star Pose

Stand with your feet wide and your arms stretched out at your sides parallel to the ground. Take a full breath and reach with your arms and allow your body to take up space.

Feel the expansion through your heart and chest!



We are always happy to see you!

To schedule, head on over to our website:
rolfingslc.com

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

“Form and function are a unity, two sides of one coin. In order to enhance function, appropriate form must exist or be created.” - Dr. Ida Rolf