

Rolfing SLC Monthly

◆ February 2025

More sunshine on the horizon!

Happy February! How exciting it is to finally welcome more daylight into our days! With the transition from winter to spring approaching, how will you move forward into the light and help your body continue to change and grow?

Ida often talks about the dynamic nature of connective tissues, especially the fascia, which continuously adapt and reorganize in response to movement, our environment, and sometimes stress. This is a powerful metaphor for personal growth and adaptation.

Just as our fascia respond to tension and movement by reshaping themselves, we, too, are in a constant state of transformation—physically, emotionally, and mentally. Life's challenges and experiences mold us, much like connective tissues reorganize to maintain balance and function. We are reminded that change is natural and necessary for resilience, both in our bodies and in our lives.

Hannah

Try this: Cat/Cow Flow

Send some love to your pelvis and spine!

- Start in Cat Pose: Round your spine, tuck your chin
- Flow into Cow Pose: Arch your back, lift your head

Repeat, syncing movement with breath for a smooth, mindful flow.



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®

“Connective tissues, particularly the fasciae, are in a never-ending state of reorganization.” - Dr. Ida Rolf