



Rolfing: The integration of human structures

Ida ROLF

Dr. Rolf illustrates her theory and practice of Structural Integration, which brings the body into alignment and balance by manipulation of the connective tissue. Rolfing has helped thousands of people to stand taller, look better, move with greater ease, and have a greater sense of vitality and well-being. This is the original and classic text, with more than 600 illustrations and photographs. An indispensable reference for the hundreds of Rolfers in this country, it will also appeal to other professional bodyworkers and the interested lay person.