

Heart Handbook

feel stron move better!



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Maintain a right balance
and set your body straight
with Rolwing

It has helped supermodels to walk taller and athletes to perform better while sustaining fewer injuries. It has helped employers reduce the instances of carpal tunnel syndrome – and thereby insurance premiums – among their office workers. It helps ordinary people improve their breathing, get rid of chronic pain or simply put the spring back into their step. And yet, despite its soaring popularity worldwide, many of us have still never heard of Rolwing.

WHAT IS ROLWING?

Imagine a perfect machine, infinitely complex, but designed to work as a single unit. Now imagine this machine has been used incorrectly, causing wear and tear. Perhaps it has even suffered a few crashes. Parts that used to work smoothly together now grind against one another, wearing each other down. Once a perfect example of grace and efficiency, its movements are now awkward and painful.

Yes, this happens to all of us. It could be the result of injuries, or a case of bad posture, but with passing years we find it harder to move as easily as we once did.

10 Steps To Integration

The “Ten Series” is 10 sessions of Rolwing designed to systematically rebalance and optimise every bit of the body and finally, the body as a whole.



1st THE VITAL BREATH Are you breathing simply to live or are you breathing for vitality? What are the restrictions? It could be your posture, your ribs, the weight of your shoulders or a tilt of the pelvis. This session is the start of easier breathing which in turn results in improved circulation, elimination of waste and overall metabolism.

2nd THE ARCHES This session works to make them more efficient in their multiple roles as suspension system, shock absorber and propulsion system. After this session clients often feel an additional bounce as they walk, as if they were walking on cushioned soles.

3rd THE RIGHT BALANCE The Rolfer looks at your body from the side, to ensure that the front, middle and back are balanced and equal.

4th PARALLEL LINES The focus is on the legs and pelvis. The Rolfer examines you from the front for anything uneven or tilted and organises your body along horizontal lines.

5th GOING DEEP This continues on from the 4th session now up through

your midline, working deep into the stomach and diaphragm to continue rebuilding a body that springs up rather than sinks down.

6th GOING BACK Now it is time to get more support and better movement from the back. In this session, the Rolfer works from the feet, up through the calves and thighs to the back.

7th WHERE'S YOUR HEAD? Many of us carry our head like a weight when it should naturally sit in the centre of the neck. This seventh session focuses on the neck and head completely.

8th & 9th A FINELY-TUNED MACHINE Sessions eight to 10 go deepest into the body, getting it to work together. The eighth and ninth sessions concentrate each on aligning the lower and the upper part of the body.

10th PUTTING IT TOGETHER This is the culmination of all steps, where everything finally and completely lines up. Now that everything works as it should, this session is devoted to making sure all the parts work smoothly together.

Shrugging it off as an inevitable effect of ageing, we just accept it.

Rolfing, also known as "structural integration", aims to re-align our body. It involves manipulating and hydrating the fascia (connective tissue) so our body parts stop working against – and start working with – each other.

SAVING FASCIA – HOW ROLFING WORKS

May Chin, one of Malaysia's three certified Rolfers, describes the fascia as a 3-D spider web covering every muscle fibre, every muscle bundle and every organ in our body. Our tendons and ligaments are made of fascia, so fascia not only gives shape to our muscles, but holds our entire body together and controls its movements.

Holding or moving our bodies incorrectly causes the fascia to tighten and twist. Instead of being supported, the muscles are strangled and distorted which results in restricted, off-balance movement and often in chronic pain.

A trained Rolfer unblocks and loosens the fascia. When the body is integrated, energy flows upwards instead of being drawn down. An integrated body regains its natural flexibility and coordination, which results in improved energy and stamina.

WHO NEEDS ROLFING?

Although most of May's clients come because they seek relief from pain, anyone open to that all-important mind-body connection will see a difference. Noina Baharuddin, 41, had no pain and no problems when she came to see May. "For many years, I was a gym bunny," she says. "I felt very healthy, but also very tight. I wanted to feel strong without feeling bulky."

So, has Rolfing helped her? "Yes!" she says, enthusiastically. "After 10 sessions, I was breathing better, was more flexible and had better balance." This has led to better performance in her active lifestyle which includes Pilates and rock climbing.

In fact, Rolfing also has aesthetic benefits. An improved posture makes the body look both taller and slimmer. With all these benefits, it is unfortunate that most people wait until something goes wrong. "I don't like to talk about Rolfing in terms of injury," says May. "I rather like to talk about it in terms of wellness. After all, wellness is something everyone should aim for." **IWI**



"Our body is our house, the only one we have. We shouldn't wait for it to start breaking down. We need to take care of it now."

Lisa Lim, 42, Pilates instructor

Looking at Lisa, it's hard to believe she used to smoke three packs of cigarettes a day. "I was very unhealthy," she admits. "But as a single mother I had to start being concerned about my health not only for myself, but for my children."

At 37, she quit smoking and started on the path to health. She took up Pilates and a few years later, became a certified instructor. "Pilates and Rolfing complement each other," Lisa says. "They are both about the mind-body connection." Lisa believes Rolfing has made her a more effective teacher.

"Rolfing created an awareness of my body, I discovered parts I never knew existed. This awareness helps me with my students. I wish they would introduce Rolfing in hospitals."

Azwani Abdullah, 32, Customer Service Representative

Azwani has 45-degree scoliosis (curvature of the spine) which has resulted in chronic back problems. She has tried everything, but neither painkillers nor chiropractors had any effect. "When I was doing acupuncture, the pain was so bad that I couldn't sit down. At my job I had to stand and use the keyboard. I couldn't sit in the car for more than 30 minutes. My last resort was surgery and I didn't want that."

Because of the pain, she had to stop going to the gym and her gym instructor got worried. "She's the one who suggested Rolfing," Azwani says. "I didn't know what it was, but I was willing to try." Azwani has now completed five of her 10 sessions. "My instructor and my friends have noticed a difference. I used to curve to the left, but it's much better now. And the pain is gone."

