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## **1. What is the fascia and what its importance?**

The **Fascia** is part of the connective tissue and is a gelatinous NET that underpins and gives way to the muscles and the skeleton.

When damaged a part of the body, due to pain, we make up the structures of the opposite side, to protect the side shot. While repeating this tension for a few days, in a continuing effort, the **Fascia**

develops extra fibers in tissues that are being overworked, densifies up, stiff and loses elasticity, to meet the required compensation, which leads the body to adopt a new posture standard.

Even with the improving side hit, the alternative standard remains and the

### **Fascia**

already disallows the re-establishment of the original balanced pattern.

## 2. What is the difference between Rolfing and massage?

The **Massage** works superficially the body, bringing a small temporary change. The **Rolfing** is a method applied to deep tissue, leading to a permanent change of the structure of the body.

The

### **massage**

can relieve superficially the fabric while the

### **rolfing**

rearranges the structure relieving superficially too.

Through the application of energy, the fascia becomes more soluble, enabling the change of position of the involved structures and their adaptation to a more efficient relationship with the remaining parts of the body. The method of **Rolfing** negates the memory limits and patterns that are no longer needed, restoring a more balanced posture and mobility.

At the beginning of each session is made an assessment of body parts with less mobility, which are then strategically released to create a more efficient.

## 3. the Rolfing is painful?

Don't. The **Rolfing** is an intense but smooth method, which does not cause pain unless your nervous system is hypersensitive. The sensations vary from the relief, even a momentary discomfort.

## 4. how often do Rolfing?

The process of **Rolfing** is done in 10 to 15 sessions series, depends on the needs of each person. The interval between sessions is weekly, there is flexibility in the range depending on the case and the needs of each one. During the Rolfing process the body is released gradually, starting with the surface, before releasing the center of the structure. The speed of change is impressive and the body continues to change even after the last session.

### **5. what kind of people undergo to Rolfing?**

All people are suitable to the Rolfing. Is a gentle method, although intense, the Rolfer follows the signs for the liberation, the body transmits.

### **6. what makes people do Rolfing?**

The most common reasons are chronic pain and tension in your upper back, shoulders and neck. But it is also frequent to find this method for improved posture, decreased overall body stiffness, or to achieve a way to be more positive and relaxed.

### **7. what should I wear?**

A Rolfing session does not require full nudity. For women the proper wear a bikini and, for men, trunks (underwear).