

The Rolfing part of finding that the force of gravity is one of the most significant influences, also the least understood, in the structure and function of the human being.

The reaction of our structure to the force of gravity varies according to the way we position ourselves and the way we move, in a continuous interaction between the energy field, which is the human being, and the gravitational field.

In Postural Integration, gravity is the therapist. When it establishes an upright and an appropriate symmetry, the gravitational force flows through the body and supports it, eliminating chronic discomfort resulting from its action on a bad body posture.

The human body is extremely plastic and moldable. The balance with gravity is broken when the needs and requirements of the body, begin to cause compensations and adjustments in its structure, modifying the patterns of movement and vertical alignment.

As the process is uninterrupted and the adjustments are automatic and unconscious throughout life, lost track of the ideal balance, gravity begins to topple us, instead of us support.

Apparently, the running muscles and bones are fulfilling their function.

But

changes in the fibrous connective tissue (fascia) causing a permanent imbalance and may only be corrected with physical intervention

To establish a harmonious relationship with gravity, the structure of the human body requires a balanced vertical alignment around a central axis, which we call "Vertical line". All segments of the body – head, neck, chest, pelvis and legs – must be organized around that axis.

Is our ability to have a correct posture and demonstrate a perfect awareness, in the adaptation of our body needs and requirements depending on the circumstances of life, which reveals our well-being and the harmonious balance with the environment.

The method Rolfing/Postural Integration not only affects the physical structure. The relief of symptoms is only one of the initial aspects of the method, which aims, reorganize the body

more efficiently and economically.  
Postural integration modifies the life as a whole,  
promotes somatic and psychological changes  
, coupled with a  
sophisticated body awareness  
and  
re-education in order to be

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