

Building On A Revolutionary Idea.

Rolfing SI has been around for decades. Ida P. Rolf, PhD first started developing it in the 1950s, and established her school in 1971. I attended that school, the Rolf Institute of Structural Integration, in the late 1970s. While studying Rolfing SI, I also began studying other therapies such as acupressure, somatic psychotherapy, Ericksonian Hypnosis, Somatic Experiencing, Mindfulness Stress Reduction and cranio-sacral therapy, because all these therapies complement Rolfing SI and help restore your body to its natural, supple, tension-free state. Remember that state of being? Remember feeling comfortable in your skin? You really can feel that way again.

“I went to a Rolfer in my hometown after an injury. When I came to Sandpoint for vacation last summer, my friend suggested I go see Owen, too. The Rolfer I saw at home was pretty good, but what Owen did was amazing. After being worked on by him, I was shocked at how freely I moved, how good it felt, how much better and faster I ran. Really, Owen is in a class by himself.” - Ammi Midstokke, writer and marathon runner, Germany.

"Rolfing literally releases the joints," Dr. Oz says. "When you talk to folks about the impact it has on them, a lot of them just stand taller. A lot is just freeing you up to live the way you're supposed to live." Simply, “A Rolfing session is like ten years of yoga.” – Dr. Oz on Oprah

Moving Naturally.

After exploring the effects of stress and gravity on the human body, I developed the Natural Breath and Natural Walk to teach clients how to use their bodies efficiently, naturally, and without pain in a sustainable way. Breathing and moving should be natural and effortless, but in our culture, we tend to breathe a restricted breath. We also hold our shoulders up with our neck muscles, instead of standing erect using our core. When you work with me, I will, of course, work directly on your body, but I will also teach YOU how to breathe and move correctly, so you enhance the relaxed state we achieve through your Rolfing sessions.

Sports Rolfing.

In the 1980s, Arizona State University approached me to study Rolfing’s effect on runners’ performance. There was a control group, a group who got massaged, and a group that we treated with Rolfing SI. Guess which group showed the most improvement in their performance? After the ASU Rolfing group showed a significant improvement in their running, I developed Sports Rolfing specifically to meet the needs of athletes. Word quickly got around. In 1989, after a season plagued by injuries, the San Francisco Giants approached me to work with their team. That year, their team saw a marked decrease in injuries—and they won the Pennant. *“I have problems with my neck. Last year, I got Rolfed one time, and I didn’t have a problem the whole year.”* - Mark LaCross, San Francisco Giants pitcher (1989).

I have worked with professional athletes, Olympic athletes, college athletes, and average people who run, play tennis, swim, play basketball, etc., just for fun. They all report back to me that, after Rolfing SI, their performance improved and they felt better while they were exercising—and after. *“Chronic hip pain was*

making it difficult to ski and play other sports. Owen’s Rolfing enabled me to get back in shape.” - Frank Duffy, Entrepreneur, Spokane, WA.

Barefoot Running.

As the Barefoot Running craze has taken off, I have been gratified to see that the Barefoot Movement adapt the Natural Walk I’ve been teaching for years. At the request of clients, I have given several clinics to teach people to run the way our bodies are built to move. (For more on this, see my website www.runningflow.com.)

Reasons To Experience Rolfing SI:

- Car accidents
- Sports injuries
- Poor posture
- Chronic pain
- Acute or chronic stress
- Chronic fatigue and fibromyalgia
- Work injuries
- Injuries from repetitive motion
- Plantar fasciitis
- Headaches
- Back pain
- Joint stiffness

These Are Some Of The Benefits My Clients Have Reported From Rolfing SI:

- Improved athletic performance
- More flexibility
- Greater enjoyment of their bodies
- Reduced stress and more energy
- Reduced/eliminated menstrual pain
- Better posture
- Weight loss and better appearance
- Improved muscle tone
- Increased strength in “weak” areas
- Reduced and/or eliminated pain
- Better running form
- More ease of movement



Who Needs Rolfing SI?

Almost anyone can benefit from Rolfing SI. (Generally, if a client’s issues are related to a condition other than stress, soft tissue, or structural concerns, I will refer them to an appropriate practitioner.) I have worked on infants, young children with structural issues (such as scoliosis), and adults more than 80 years old who just want to move better.

Some people come because they’ve suffered a recent injury. Others come after they have gotten all they can from other therapies. Most people seek out Rolfing SI to treat chronic pain, because Rolfing SI is particularly effective at releasing the underling tension.

“After enduring 9 years of chronic difficulties with my back following what I now consider to be ill-advised and unnecessary surgery, I completed 10 sessions of Rolfing by Owen Marcus. I have unquestionably experienced a reduction in pain and my entire body feels more resilient and dependable.”

- Rick Braunstein, Sandpoint, ID.

Just about anyone can benefit from Rolfing SI because most of us carry around far too much tension in our bodies. We all have spots that feel tight, constricted and tense—even if they’re not old injuries.

“After an automobile accident, I had a tremendous amount of pain in my neck and back. Medication and chiropractic sessions were not handling the problem. After one session with Owen, I immediately felt relief.”

- Amelia L. Behm, Office manager, Sonoma, CA.