

“As a physician who works with patients who present with chronic, recurrent pain problems such as arthritis, chronic fatigue syndrome and others, I found his work helpful personally and professionally. I recommend Owen without reservation.”

- Richard Kirk, M.D., Board Certified in Family Medicine, Pediatrics and Psychiatry, Sonoma, CA.

What Is Rolwing® SI?

Rolfing Structural Integration (SI) is deep tissue bodywork that releases the tightness, knots and scarring in your soft tissue caused by injuries, repetitive motions, and tension while aligning the body. (“Soft tissue” includes your muscles, tendons and fascia. Fascia is the layer of fibrous connective tissue that surrounds muscles like plastic wrap around a sandwich.) After physical injuries, years of tension, and tightness caused by repetitive motion, the fascia can become so tight, it’s as though you are wearing a “skin suit” that’s two sizes too small. And that can make it hard to move comfortably, hard to breathe deeply, and will eventually cause pain somewhere.

What’s A Session Like?

We start with your movement habits. I’ll observe how you walk around the room. That tells me a LOT about what’s going on with your body. Then, we talk about why you are experiencing pain. Next, you will lie on my table (like a massage table, but lower) and I will begin applying pressure to various spots of your body, using my elbow and forearm. As you relax into the pressure, the tight spots in your fascia break up, and release the tightness in your body.

NOTE: You can wear anything from a bathing suit to a thin set of sweats. Most women wear a tank top, or something less constrictive than a regular or sports bra.

Through a series of 10 one-hour sessions, your soft tissue will be remolded into a looser and straighter form. I apply pressure to your body’s tight spots, and your body releases the tension and relaxes. You will literally, permanently, loosen up!

Each session focuses on specific goals and areas of the body. These sessions are cumulative, as each session builds on the results of the previous session. As your body is reordered, so are its movement patterns. That is, you will walk, run and move like your body was designed to—effortlessly, and painlessly.

Does It Hurt?

It can. However, there is a payoff: the biggest changes in your body often come from the biggest releases. It’s just like a hard workout—sure, it hurts a little during the workout, but afterward you feel great—and RELAXED.

Structural Integration Is Key

Rolfing SI is so effective and so long-lasting because unlike other therapies, it brings order to your body’s structure so that it’s structurally integrated and aligned with gravity. When you’re moving the way you were designed to, you lessen the likelihood of a re-injury or the return of old tension. Once the old tension is removed, you learn not to recreate it.

“Injuries from a motorcycle accident more than 30 years ago, and a great deal of stress, made my whole body tight to the point that walking was painful. After being Rolfed by Owen, who also taught me a new way of walking, I can walk and hike without pain, and my whole body is more relaxed.”

- Kevin Watson, Sandpoint, ID.



About Owen

I had a roommate who moved to Boulder to study Rolwing SI, after giving up his law practice. He argued the case for Rolwing SI so well, I tried it. Since 1977, I have continued to study Rolwing SI and related therapies—and I continue to love it.

After three years of having a bodywork practice in Boulder, I moved to Scottsdale, AZ, where my private Rolwing SI practice evolved into a holistic medical clinic, employing other Rolfers, physicians, massage therapists, nutritionists and more.

While in Scottsdale, I conducted research with ASU; worked with the San Francisco Giants, Olympic runners, and other elite athletes; and operated a premiere Mindfulness Stress Reduction business. I traveled and taught for the Rolf Institute and did team building for Fortune 100 companies. Throughout my career, I have taught others my unique style of Rolwing SI and Sports Rolwing. In more than 30 years, I have written hundreds of articles and blog posts on Rolwing SI and holistic health.

Call me to try your first session. If it looks like I can’t help you, I will send you on your way without charging you, and recommend the therapy I think will work for you.

If you have any questions, please visit my site or contact me. I would love to hear from you.



**Owen Marcus, MA,
Certified Advance Rotlfer®**

Whole Clinics

208.265.8440

marcus@align.org

www.align.org

Get free downloads about Rolwing SI and related topics from the top-ranked Rolfer’s site in Google. You can also learn more about: Rolwing SI, research on Rolwing SI, what a session is like and my background.

ROLFING®

LIVE LIKE YOU’RE YOUNG AGAIN

**OWEN MARCUS, MA
CERTIFIED ADVANCE ROLFER®**