

Why Rolwing® SI?

What led me to the Rolf Institute to become a Certified Rolfer™ was the desire to help horses, not humans but something amazing happened during my training, I fell in love with helping people. I think the fact that Rolwing actually works so well and I got to witness person after person let go of pain and get back to doing what they loved to do was exciting. Seeing joy surface, eyes sparkle and painful expression melt away, life changing experiences. How could I not fall in love with that?

Horses As Teachers...

Horses have been incredible teachers helping me learn to touch well and connect deeply with the lightest touch. They are my honored colleagues and companions, working side by side with me, helping people heal. They are the reason I founded Horses Hope For Humanity, LLC. www.horseshopeforhumanity.com

- Certified Rolfer™ SI, LMP, LAMP, NCBTMB
- LMP Licensed Massage Practitioner MA00021558
- LAMP= Large Animal Massage Practitioner
- NCBTMB= National Certification Board of Therapeutic Massage and Body Work
- Certified Equine Guided Education
- Visceral Manipulation

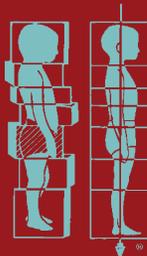


Felisa Holmberg
Certified Rolfer SI

I have always had a deep connection and love of animals, especially horses. My purpose is helping people and animals find health and wellness through Rolwing SI, Visceral Manipulation and a variety of many other healing modalities.

**For more information
or to schedule an appointment:**

360 580-1609
felisa@therolfer.com
www.therolfer.com



**The Rolf Institute
for Structural Integration**
www.rolf.org

Rolwing®

[Equine Structural Integration]



Is your body imbalance causing your horse to have body problems?

Does your horse's body imbalance affect you?

Do you feel out of alignment while riding?

Do you have one stirrup longer than the other?

Does your horse have difficulty with leads?

Does your body have the flexibility to keep up with your horse's movements?

(360) 580-1609

Rolwing® corrects structural imbalances caused by restrictions in the soft tissue to optimize vitality and performance

[What is Rolfing®? Structural Integration]



Dr. Ida P. Rolf

Rolfing is a holistic system of soft tissue manipulation that corrects structural imbalances in the body by realigning the connective tissue network. This method was conceived by Dr. Ida P. Rolf more than fifty years ago and is increasingly recognized by medical and veterinary professionals as having the ability to increase longevity in athletes, both equine and human.

Connective tissue, or fascia, literally surrounds each muscle, organ, nerve, bone, tendon, and ligament in the body down to the cellular level. Fascia is the body's "organ of structure," shaping and supporting the musculo-skeletal system. Restrictions in one area of connective tissue often cause limited movement elsewhere. In the equine body, this can manifest in many ways including shortened stride, one-sidedness, sore back, or stiff shoulders and hips.

Many athletes have discovered the restorative benefits of Rolfing and recommend it as a way to prolong careers. Athletic performance is a vital part of equine competition from dressage to cutting and reining. Many horses suffer from soft tissue restrictions as a result of riding, natural slip and falls, long trailer rides and demanding show and training regimes. Releasing restrictions early on can slow the degradation of tissues, thus giving more longevity to a horse's performance career.

Rolfing restores balance and vitality by lengthening fascia that has become short, tight, and fibrous. Since connective tissue permeates the whole body, a restriction in an isolated area can have far reaching effects. By realigning the physical structure, natural balance and alignment are brought back to the tissues, resulting in elegant, fluid movement.

A Dynamic Partnership

In equine competition, the rider's movements are crucial to a winning performance. Every shift in the saddle influences the horse's balance and stride. With this in mind, many equestrians choose to utilize Rolfing for their own bodies as well as their mounts'. The improved body alignment, increased awareness, flexibility, and stamina translate to a more cohesive partnership between horse and rider.

“Many recurring

performance problems in horses (as well as riders) can be difficult to understand and even harder to treat through conventional methods of training or health care. What may at first appear to be a problem of stride length or impulsion can often be traced to chronic tensions in the soft, connective tissue that holds bones and muscles together. A therapeutic method called Rolfing can release these habitual tensions and free both horse and rider for higher performance.”

– **Trail Blazer**
May '96