

# A HISTORY lesson

## How it all began



Dr. Ida P. Rolf -  
Founder of the  
Rolfing® method

Rolfing® is named after the movement's founder Dr. Ida P. Rolf (1896-1979). As one of the first women with a doctorate in biochemistry, she was regarded even in her own time as something of a pioneer, a label she earned from her incredible curiosity and compelling urge to carry out research. As well as working as a professor at the Rockefeller University in New York City, she was involved with yoga, a pursuit that was at that time not so popular. Certain health problems served as an incentive to study her mobility - especially through yoga. In addition, she learnt a lot from osteopaths. Armed with this knowledge, she soon developed her own style.

Dr. Rolf discovered that by stretching certain parts of the body, together with relaxation and breathing exercises, not only did a pleasant feeling ensue, but that the positive effects were more complex than expected. Work on her own body made her much more aware and she acknowledged that this contributed in no small part to her own intellectual development.

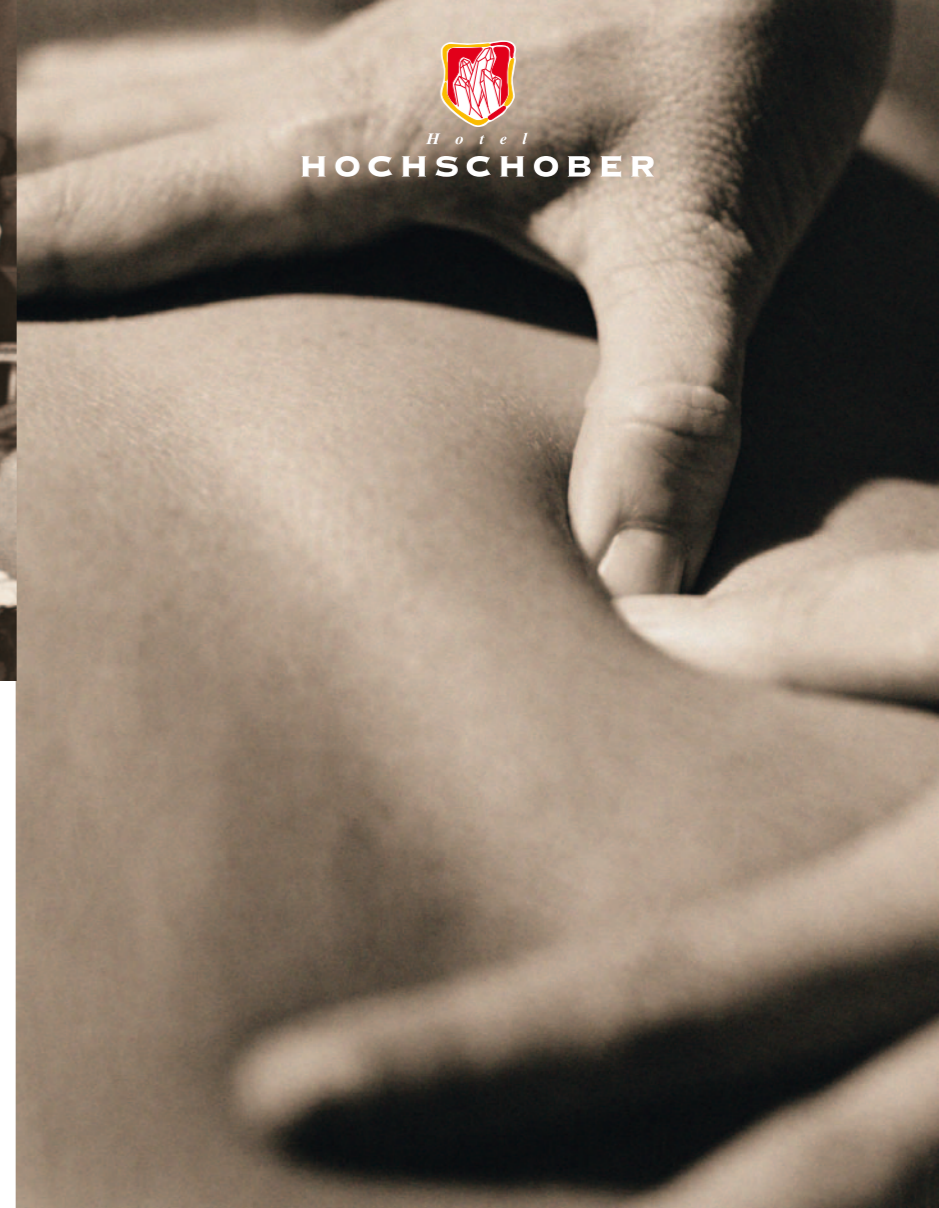
She was inspired by the principles of homeopathy and osteopathy, which stated that an impulse was all that was needed to mobilise the body's own self-healing forces. Over the 25 years that she practised, Dr. Rolf developed her ideas, which she called Structural Integration.



During the 1950s she began to teach and in 1963 she published her book entitled Gravity: an Unexplored Factor in a More Human Use of Human Beings. In 1965 she treated the founder of gestalt therapy, Fritz Perls, who was suffering from heart problems. Through this collaboration with Perls, Rolfing® gained in popularity. It was also due to him that Dr. Rolf started lecturing on her methods at the famous Esalen Institute (Big Sur, California). Her theories continued to develop and her knowledge deepened, as did her understanding of the human body. Over the years the basic series of 10 sessions emerged, representing a full Rolfing® treatment.

During the 1970s the Rolfing® method enjoyed a major boost. The Rolf Institute was founded in Boulder (Colorado). Dr. Ida P. Rolf's book on Structural Integration was published and scientific research began. Hollywood stars, such as Greta Garbo and Cary Grant, were among the main celebrity endorsements during this period.

Dr. Ida P. Rolf died aged 83 years. Her style of working, her intuition and her powers of imagination have become legendary.



Hotel  
HOCHSCHÖBER

How to bring  
your body  
into harmony

# Rolfing®

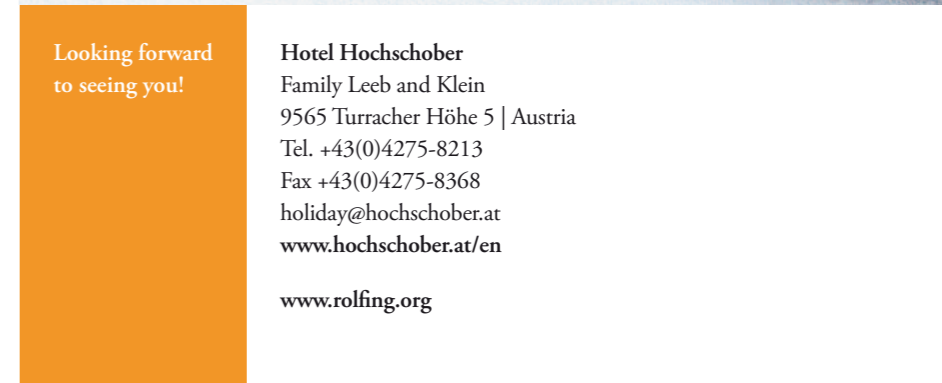
## New at the Hochschober

2010 | 2011





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# An **INNOVATION** in the world of well-being

Rolfing® is a manual method - tried and tested over many years - for keeping the body in harmony, but, first and foremost, bringing it back into harmony.

The aim of a Rolfing® session is to stimulate connective tissue (fascia), a process that has a soothing and liberating effect on the body. The aim is to restore the body back to its natural relationship with gravity.

Breathing, walking, contact with the ground and stability when standing, the perception of space and the inner body are key factors in the treatment. The patient gains a new physical awareness and feel for the body, finds freedom from restricting patterns and learns new motion sequences. Patients often benefit from this knowledge for a lifetime, because they then fully exploit their own individual potential.

Our therapist at the Hochschober, Christian Schabus, has completed a two-year course and is now a fully certified "rolfer". And before he moved into the hotel trade in 2002 Martin Klein worked as a certified rolfer in Munich. He brought the therapy to the attention of Christian Schabus.

## Who is best suited to Rolfing®?

Rolfing® is suitable for people of all age groups:

- > for people wishing to improve mobility and physical well-being,
- > for people exposed to professional stresses and strains,
- > for people who feel chronically tense or who feel out of balance.

## What happens in a Rolfing® session?

First of all the rolfer will draw up a picture of you. He or she will look at how you walk, sit and stand, will analyse your body structure and movement patterns. After that you lie on a treatment couch, while the rolfer applies pressure by hand to the tissues. In this way, tissues are freed up, they re-arrange themselves and your body structure gets closer to vertical alignment. Guided movement, conscious breathing and a systematic awareness aid the process.

A full Rolfing® treatment comprises 10 sessions spread over several weeks. If you wish to carry on with the treatment at home, we can recommend qualified therapists.

## Rolfing® at the Hochschober

One Rolfing® session 90 minutes € 110.-



Looking forward to seeing you!

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