
Read Rolfing - Structural Integration for children and young people - eBooks Textbooks

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Rolfing - Structural Integration for children and young people

- promotes the psycho-biological development
- facilitates straightening and balance
- enables free and economic movements



Book detail

- Title : Read Rolfing - Structural Integration for children and young people - eBooks Textbooks
- isbn : 3932803132

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Book Synopsis

Rolfing - Structural Integration helps to save or preserve children and young people from developing postural problems and related pain. The goal of Rolfing is the realignment of the body structure so that it can move harmoniously and upright in the field of gravity. This is achieved through hands-on work and movement education, which allow the myofascial tissue to reclaim its appropriate space and proper function. These changes support the development of the adolescent and affect his/her psychological well being. The author describes the method of Structural Integration and gives valuable suggestions for everyday life. A book for parents and all people, who deal with children and adolescents in kindergarten, school or therapy.
