

## My Experience with Four-Handed Rolfing

Four-handed Rolfing with Ben and Arisa reminds me of two pianists playing a duet. It is as though one person has four hands, so in-harmony and fluid the pressure, the intent, the transitions.

For the client to feel the connection and the flow of energy between the two sets of hands is an extraordinary benefit. It is much easier to understand and FEEL the energy connection between various areas of the body.

I enjoyed the special sense of attention, having two sets of hands working their way intimately through my muscles, ligaments, tendons and fascia.

Having a man and a woman practitioner working together may dispel any initial awkwardness you feel, if you aren't familiar with Rolfing. Ben and Arisa are very professional, mature young people devoted to helping others attain bodies freed up to move and function as they were designed to: fully integrated bodies.

Thank you, Ben and Arisa

Some of the things that no longer plague me:

restless legs

low blood sugar

extreme pain in the hip joints

blurred vision, result of a bad fall down the stairs

rib pain, also result of that fall

major stiffness after walking a block

pain getting up from a chair or out of a car

DEPRESSION, for 30 years

and best of all, a broken achilles tendon, which healed itself somewhere in between the third session in 2008 and the 4th session in 2009

Some of the benefits I am enjoying:

deeper breathing

better posture

ease of movement, getting up and down

longer stride and faster pace, walking

much improved balance

did I mention a HEALED ACHILLES TENDON?

and NO DEPRESSION!!!!!!!

and stabilized blood sugar!!!!

I feel TOGETHER as a person, physically AND emotionally! What could be better than that?! I am a 60, almost 61 year old grandmother. And I was beginning to feel it. But not anymore!

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