

HORIZON

**ROLFING**  
& SOMATIC THERAPIES

Experience Gravity as Levity

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# ROLFING: STRUCTURAL INTEGRATION

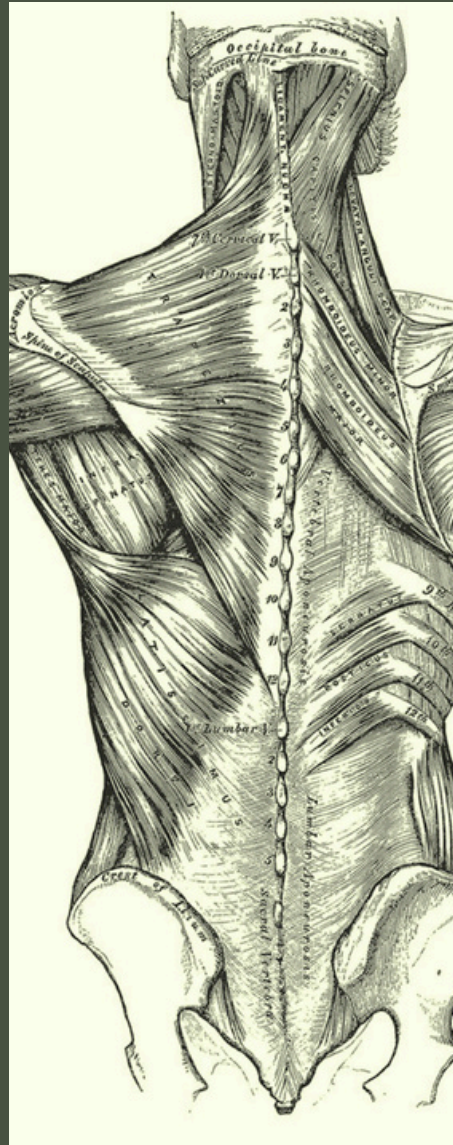
Structural Integration was given the nickname "Rolfing" in response to the successful work of its creator, Dr. Ida P. Rolf. Rolfing utilizes a variety of hands-on and perceptual interventions directed towards improving an individual's posture and relationship to gravity. It involves a systematic, direct, and indirect application of pressure to the body's fascial web, which surrounds muscles, bones, joints, and ligaments. It also involves movement education intended to help someone further break out of patterns of restriction in daily activities. Due to its holistic approach, Rolf sessions cover a lot of territory in order to get to the issues in the tissues, and many sessions are organized into a series of ten separate sessions, commonly referred to as "The Ten Series". This approach helps reorganize, realign, and reintegrate the body so that it will be able to move with minimal pain and optimal efficiency.

Rolfing has been reported to have the following benefits:

- Improved posture and alignment
- Improved movement efficiency
- Improved athletic performance
- Improved balance and coordination
- Increased bodily awareness and education
- Reduced symptoms of chronic conditions
- Increased embodiment of self
- Increased awareness and presence
- Improved sense of well-being

Access a database of research and articles at the Rolf Research Foundation at [www.rolfresearchfoundation.org](http://www.rolfresearchfoundation.org).

Learn about the Dr. Ida Rolf Institute of Structural Integration at [www.rolf.org](http://www.rolf.org).



# THE TEN SERIES

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Due to its holistic approach, Rolf sessions address the body as whole. A series approach helps reorganize the entire body. Below is a brief description of each session.

Sleeve Sessions - See figure A.

## Session 1

Open the breath. A free and open breath prepares the body for the demands of the upcoming changes. A full breath provides support for the chest, shoulders, and neck. Some work on the arms may occur.

## Session 2

Find the feet. Opening the breath changes the physical demands on the feet, so we create flexibility and adaptability there so that the whole body can feel supported.

## Session 3

Lengthen the sides, balancing front and back. Now we open up the sides of the body and differentiate soft tissue of the pelvis from that of the ribs to allow the pelvis more movement options.

Core Sessions - See figure B.

## Session 4

Find support for and access "the core" from the bottom. The core begins from the base of the pelvis up through the roof of the mouth. We start this session by finding support through the ankles up along the inner leg before accessing the core.

## Session 5

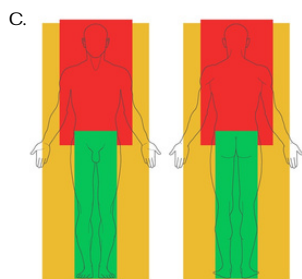
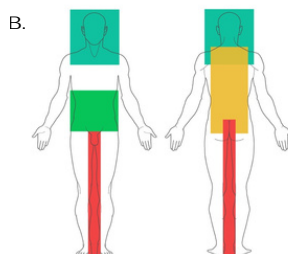
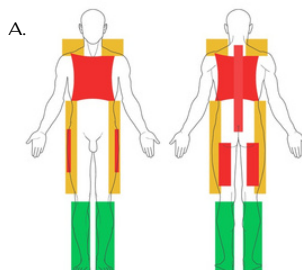
Access the core from the front. We focus on the deep tissues dealing with the front of the spine and core space to establish flexibility in the low back.

## Session 6

Access the core from the back. We address the deep tissues of the back of the spine and core space to establish flexibility in the low and upper back.

## Session 7

Access the core from the top. By working in, on, and around the head, we balance the  
2 head and neck atop the flexible spine.



Integration Sessions - See Figure C.

## Sessions 8 & 9

Integrate the upper/lower body. Depending on the needs that present themselves, we solidify changes in the upper or lower body. Integration sessions help reprogram movements and make changes last.

## Session 10

Integrate the entire body. We coordinate soft tissue movement across multiple joints so that movement can be as unfettered and free as possible.

# INTEGRATIVE SOMATIC THERAPY

## Where Structural Alignment Meets Awareness

### Bridging Body and Mind

Integrative somatic therapy and Rolfing fit together naturally because both focus on how the body stores and expresses patterns of tension, stress, and injury. While Rolfing works directly with the body's fascial system to improve alignment and movement, integrative somatic therapy adds a layer of awareness—helping clients notice sensations, emotions, and habitual responses that arise during the work. Together, they create a more complete approach: structural changes in the body are supported by nervous system regulation and increased body awareness, making the results feel more lasting and integrated rather than purely mechanical.

### Rolf Movement Integration

Rolf Movement Integration focuses on improving posture, alignment, and movement patterns to reduce pain and increase ease in the body. It is especially effective for people experiencing chronic tension, mobility limitations, or inefficient movement habits.

Sessions may include simple movement explorations such as walking, reaching, or sitting to help you:

- Improve posture and body alignment
- Increase mobility and flexibility
- Reduce chronic pain and strain
- Move with greater efficiency and ease

### Somatic Experiencing

Somatic Experiencing is a powerful, evidence-informed approach to trauma healing that works directly with the nervous system. Rather than reliving past experiences, this method helps your body safely process and release stored stress.

By developing awareness of physical sensations, you can:

- Regulate your nervous system
- Reduce anxiety and overwhelm
- Heal without re-traumatization
- Build resilience and emotional balance

### Phoenix Rising Yoga Therapy

Phoenix Rising Yoga Therapy is a trauma-informed, body-centered approach that combines yoga, mindfulness, and somatic awareness to support emotional healing, stress relief, and nervous system regulation. This method goes beyond traditional yoga by focusing on the connection between the body, mind, and lived experience.

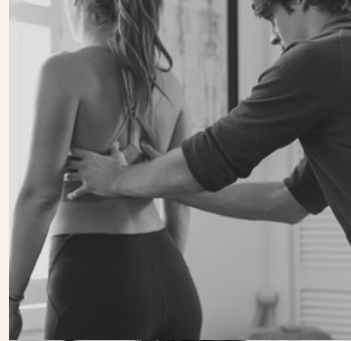
Ideal for:

- Stress and anxiety relief
- Trauma recovery
- Chronic pain and tension
- Personal growth and self-awareness

# WORKING TOGETHER

## 01 INTAKE, INITIAL SESSION, AND DEVELOP A STRATEGY

Your Roling process begins with a detailed intake, where we review your history, injuries, movement patterns, and goals to understand the bigger picture of how your body has adapted over time. In the initial session, we assess posture and movement, then begin hands-on work to introduce the body to change—often focusing on breath, ease, and creating space in key areas. From there, we develop a personalized strategy for the Roling series, mapping out how each session will build on the last to support lasting alignment, improved function, and a more resilient, adaptable body.



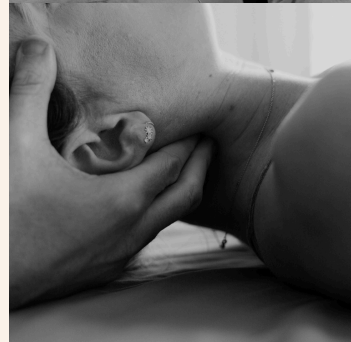
## 02 COMPLETE A SERIES, INTEGRATE CHANGES, AND LIVE YOUR LIFE

You'll be guided through a personalized series of 3, 5, or 10 sessions based on your goals and what we discover together along the way. Each session builds on the last, creating meaningful, lasting changes in how your body moves and feels. After completing your series, the focus shifts to integrating those changes into daily life—giving your body time to adapt, stabilize, and fully embody the work—so you can move forward with greater ease and experience what it feels like to truly live in a new body.



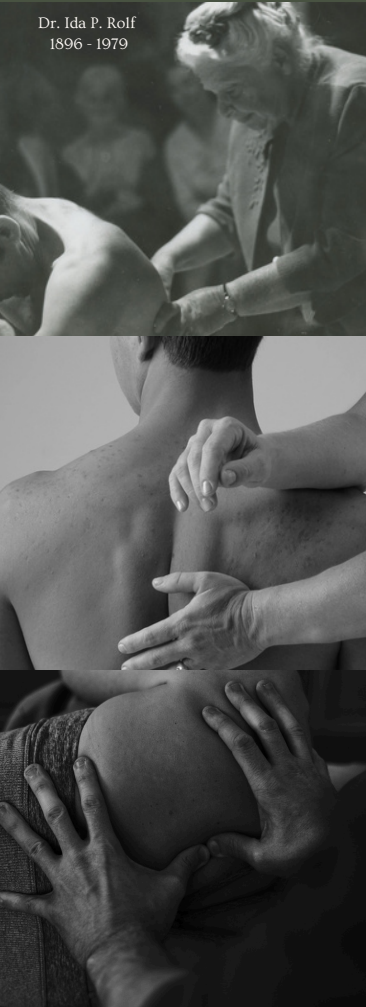
## 03 RECEIVE ONGOING SUPPORT AND MAINTENANCE

After completing your series, you'll continue to receive ongoing support as your body adapts to the changes we've created together. Integration doesn't stop when the sessions end—it evolves. Many clients choose to return for maintenance sessions after 3-6 months to refine alignment, address new patterns, and support long-term resilience, helping you maintain the progress you've made and continue feeling at home in your body.



# YOUR INVESTMENT

Dr. Ida P. Rolf  
1896 - 1979



## COSTS FOR SERVICES

Rates per a session

Rolfing Session - (60-70 Minutes) - 225.00

Tune Up - (30-40 Minutes) - 120.00

Integrative Somatic Therapy - (45-60 Minutes) - 120.00

Rolfing for Kids (ages 3-12; 45-50 Minutes) - 105.00

Introductory Session & Consultation - (30 Minutes) - 80.00

## PACKAGES

Commit to a series

3 Series - (1<sup>st</sup> Three Sessions of the Ten Series) - 575.00

10 Series - (The Full Ten Sessions of Rolfing) - 1800.00

Advanced 5 Series - (Post 10 Series Plan) - 925.00

## MEMBERSHIPS\*

Receive ongoing support

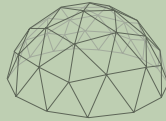
Maintenance Plan - (1 Rolf Session per 6-8 weeks; 10% off additional sessions) - 205.00 per month

Consistency Plan - (2 Rolf Sessions per month; 15% off additional sessions) - 385.00 per month

Series & Integration Plan - (4 Rolf Sessions per month; 1 Integrative Somatic Therapy Session per month) - 650.00 per month

\*All membership plans receive priority booking.

More information about our sliding scale policy and recognitions for special populations can be found at [www.horizonrolfing.com/booking](http://www.horizonrolfing.com/booking).



HORIZON  
ROLFING

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