



Dear Client,

Here is some information which will further introduce you to Rolfing® and may assist you as you go through the process. Since Rolfing is not something you passively have done to you, the more awareness you can bring to the process, the more we will achieve. One of the most common questions I receive is, ‘how do you make the work/change last?’, this is a longer & ongoing conversation, but it all begins with your own awareness & perception of what has shifted.

During our work together, your body will be going through a period of readjustment. Structures of your body, and their relationships, will be changing. Patterns of movement will be altered. Your experience of activities that have been part of your daily life may be different and these activities may deserve your increased attention.

**Journal:** You may wish to keep a journal during your Rolfing experience. Some people find that regular journal entries of dreams, physical sensations, and changes in awareness help them to focus their attention and provide an interesting record of progress.

**Dress:** It’s very important to me that you feel comfortable for your first session. At the same time, I will need to be able to see your body in order to understand the underlying issues and work with you successfully. Most clients work in their underwear. Some feel more comfortable in: a bathing suit or light, unrestrictive yoga-style apparel.

For women, I ask that you not wear a thick racerback sports bra; it can be difficult to work with the spine in these. If you’re unsure, bring something you’ll feel comfortable wearing for our first session and then we can decide together what will work best for future sessions.

**Lotions and Scents:** Please do not apply moisturizing lotions, sunblocks, oils, or colognes, perfumes and other scents on the day of your Rolfing session, or please shower them off before arriving for your appointment. All of these may interfere with my effectiveness in working with you. Also, other clients are sometimes allergic or sensitive to scents.

**Illness:** If you feel that you might be coming down with a cold or the flu it would be best to postpone your session. If you wake up not feeling 100% and are unsure as to what to do, call and consult with me.

**Length of Session:** Each session will last about 75 minutes. I schedule in 90-minute segments so as to not run late for clients. The initial session is generally closer to 90-minutes.

**Scheduling:** Most people schedule their Rolfing sessions one week apart. This may vary according to your own situation. Once you have chosen to be Rolfed, it is best to set up a program with as few interruptions as possible.

**Cancellation:** If you need to reschedule or cancel an appointment, please do so at least 24 hours before your scheduled appointment time. Appointments that are cancelled or rescheduled within 24 hours of the original appointment will be charged in full.

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**After a Session:** You may want to allow some time after each session to be with yourself. This might include writing in your journal, taking a walk, or resting — just taking some time to best assimilate the experience you have had. Later in the day you may want to enjoy a warm bath with 1lb. of epsom salts. This will assist in drawing out some of the stored toxins that your session may have helped release.

**Exercise:** Some exercise in conjunction with your Rolfing is very beneficial. You should notice a marked improvement in your coordination and performance. However, this is not a time to push your body to its limits. If you are involved in strenuous sports or activities you may want to ease up on them allowing your body a chance to adapt to the changes.

**Continuing the Series:** After experiencing the first session, you will have a good idea of whether Rolfing is right for you. The best and most permanent results are obtained by completing the entire 10-series on a regular basis. If you know that you will need to interrupt the series, please let me know in advance, and we can schedule the breaks so that they will not interfere with the program.

**Side Effects:** Some people experience a bit of muscle soreness similar to the feeling one would get after exercising, which usually diminishes within a day or two. Some people feel like resting, others feel highly energetic. For some there are occasional emotional highs and lows between sessions. These reflect the body's adjustment to shedding old patterns and replacing them with new awareness and structural integrity.

**Fee:** My per session rate is \$120. If you pay for the 10-Series upfront, you save \$100, making the investment \$1,100. I also offer a 3-session package for \$350. Packages are non-refundable.

**Ways of Working Together:** The majority of my clientele go through the Rolfing 10-Series. This is where I see the greatest lasting structural change & effectiveness of the work. However, I do not require anyone to go through this process as it is a time & financial commitment. I work with clients based on their goals & resources to create a plan of care that is appropriate & best for them. After the 10-Series, many of my clients come one time per month for maintenance work. This allows us to continue to progress in our work together, be proactive, & enables the body to keep moving forward instead of reverting back to old patterns.



**Questionnaire:** The following is a questionnaire I would appreciate you filling out before your first session. If you have any questions, please give me a call.

*Please answer only the questions you wish to, and know that everything you share with me is private and confidential. If you need more space for answers, use the back or separate sheets.*

General Information

Full Name \_\_\_\_\_

Preferred Name \_\_\_\_\_

Address

\_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Occupation \_\_\_\_\_

Can I add you to my mailing list? You will be notified when I'm running specials and added to my newsletter. Yes \_\_\_\_\_ No \_\_\_\_\_

Have you ever been told that you had: Arthritis \_\_\_\_\_ Birth defect/anomaly \_\_\_\_\_ Asthma \_\_\_\_\_  
Respiratory disorder \_\_\_\_\_ Heart or artery disease \_\_\_\_\_ High blood pressure \_\_\_\_\_ Cancer or malignancy \_\_\_\_\_  
Ulcer/digestive disorder \_\_\_\_\_

Diabetes \_\_\_\_\_ Genito-urinary disorder \_\_\_\_\_

Mental or nervous Eye, ear, nose or disorder \_\_\_\_\_

Throat disorder \_\_\_\_\_ Thyroid disorder \_\_\_\_\_

Do you use aspirin or any other non-prescriptive drug? What type? \_\_\_\_\_  
How often? \_\_\_\_\_

Are there any prescriptive drugs that you use? What type? \_\_\_\_\_

How often? \_\_\_\_\_

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Do you have any chronic complaints? (i.e.; headaches, constipation, back pain, etc.)

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Are you currently (or have you been in the past year) under the care of a physician, homeopath, acupuncturist, chiropractor, psychotherapist or bodyworker? If so, who?

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Please list any operations, serious illnesses, or accidents that you have had.

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Please list any significant childhood accidents, operations or traumas.

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Dietary History Do you eat a balanced diet?

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Is your diet made special in any way by what you include in it, or exclude from it? Please elaborate.

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What is your weekly consumption of the following:

Alcohol \_\_\_\_\_ What kinds? \_\_\_\_\_

Coffee/tea \_\_\_\_\_ Tobacco \_\_\_\_\_

Physical Activities

Type of activity Duration Times per week

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How do you relax? \_\_\_\_\_

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What areas of your body do you feel good about? \_\_\_\_\_

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What areas are you dissatisfied with and why? \_\_\_\_\_

What was your most significant mental/emotional trauma? \_\_\_\_\_

How do you feel about your general health? \_\_\_\_\_

Why do you want to be Rolfed? \_\_\_\_\_

If we had through Rolfing the ability to make changes in your very nature (including the areas of your relationships, personal growth, self-image and the way other people perceive you) what might these changes look like; and in what ways would you choose for yourself to be different after Rolfing?