



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 & any positive change last?'. This is a longer 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.

What to Wear: During each Rolfing session, the client wears underclothes so that the practitioner can make an assessment of posture, alignment, and movement. Skin contact is preferable so most people wear underwear, a two-piece bathing suit, or loose fitting shorts. Men no loose boxers please; women usually wear a bra (the less strap material the better) and can be draped with a top sheet (it is never necessary to be completely unclothed.) Please refrain from applying lotion/oil on your legs and arms if you can the day of our session.

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.

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 epsom salts. This will help subside any potential muscle soreness from the work.

Emily Wishall
Certified Rolfer
emily@wishallwellness.com
720-236-4847

Mandala Integrative Clinic
825 S. Broadway
Boulder, CO 80305
www.WishallWellness.com



Exercise: Some exercise in conjunction with your Roling 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 Roling 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 \$130. If you pay for the 10-Series upfront, you save \$100, making the investment \$1,200. I also offer a 3-session package for \$375. Packages are non-refundable.

Ways of Working Together: The majority of my clients go through the Roling 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 significant 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.

Directions: My office is located in the Mandala Clinic on the 2nd floor at 825 S. Broadway, Boulder, CO 80305. The clinic is inside the Mock Realty building. You will enter from the East side of the building from the door that faces Broadway. When you arrive, please take a seat in the front waiting area & I will come to get you at your appointment time.