

Named after its founder, Dr. Ida P. Rolf, Rolfing® is a form of body therapy that works the connective tissues (fascia) which surround, support and penetrate all of the muscles, bones, nerves and organs. Chronic strain and tension of everyday life or trauma causes the body to create holding patterns in the muscles and other tissues of the body. These areas become tense and pull the body out of alignment. The human body is like a house, structured so that each part has its proper place, and each piece interlocks to balance the load of the others. Rolfing is a specialized form of bodywork that enhances the body's pattern of organization.

Body misalignment results in chronic strain, lowered vitality, and impaired biological and psychological functioning. By addressing the body's connective tissue network and re-educating the body in movement, Rolfing clients often report feeling lighter, better-balanced, more energetic and have a more positive outlook.

Rolfing works on this web-like complex of connective tissues to release, which in turn moves to realign and rebalance the entire body. Essentially, the Rolfing process enables the body to regain the natural integrity of its form, enhancing postural efficiency and freedom of movement.

Rolfing sessions are typically administered in increments of ten sessions in order to access each individual part of the body. As a result, natural structural alignment is re-membered, bringing the body back into harmony with gravity, as well as one's self. However, you may also schedule individual sessions to address specific needs for releasing chronic tension.

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*To schedule your Rolfing session, contact Wanda or Kirby at Lifepath:*



**Wanda Sucher, LMT., Rolfer®, RYT**

Founder of Lifepath, Wanda has been a licensed massage therapist since 1986. An advanced Rolfer® since 1992, certified through the Rolf® Institute in Boulder, CO. She is also a certified yoga teacher through AtmaYoga (a Kripalu-based yoga program) as well as a certified Kripalu Danskinetics® Instructor.

In addition to her formal qualifications, Wanda has cultivated a wealth of life experience with the skill of specialized bodywork training. Through her intuitive wisdom and healing touch, you will notice a positive difference in your mental, physical, and spiritual health.



**To schedule an appointment with Wanda:**

**859-426-5307 (ext 11)**

**Email: [lifepath\\_2001@yahoo.com](mailto:lifepath_2001@yahoo.com)**

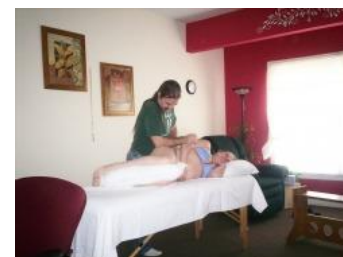
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**Kirby Masden, LMT, Rolfer®**

A licensed massage therapist and certified Rolfer®, Kirby received his Rolfing® certification from the Rolf® Institute in Boulder, CO. Devoting his energy to fine-tune the body through structural integration, Kirby assists the client through manipulation of the body's myofascial system and movement education, creating a more efficient use of the muscles. He compassionately uses his skill to allow the body to conserve energy and creating a refined pattern of movement, reducing chronic stress, enhancing the neurological

functioning, and dramatically altering a person's posture and structure.



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**To schedule an appointment with Kirby:**

**859-426-5307 (ext 14)**

**859-240-7646**

**Email: [kirby.masden@yahoo.com](mailto:kirby.masden@yahoo.com)**