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## What's Rolfing®?

Rolfing® Structural Integration is a bodywork works on the connective tissue to release, realign, and balance the whole body.

Rolfing session aims to restore flexibility, vitalize your energy, and leave you feeling more comfortable structure.

### Benefits of Rolfing

reduction of chronic pain / comfortable breathing / increased somatic awareness / Deep rest / more balanced autonomic nervous system / better quality of sleep / improved coordination of movement

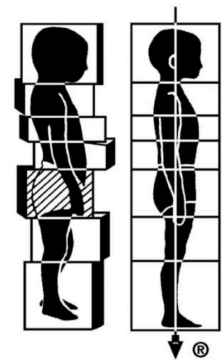
Rolfing® Structural Integration, named after its founder, Dr. Ida P. Rolf,

## Rolfing® session

About 90-110 mins for a session.

you can choose Rolfing trial session or Rolfing Series sessions(2 to 10 series)

16,000 yen for a session at Canoa Yoga Studio



## About Certified Rolfer Yuki Niitsu

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