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Roling

Anna Collins, 04-Nov-17 to 25-Nov-17



Anna Collins

Advanced Practitioner of the Rolf Method of Structural Integration
Founder, The Polished Onion, London, UK.

Anna Collins is an advanced practitioner of Structural Integration ('Rolfing'). She trained with Dr Rolf's protégé in the USA, and continues to seek out further training all over the world from those who were taught directly by the founder. She works with a global clientele, including a UK Prime Minister, international actors, Olympic athletes, CEOs, yoga bunnies, desk-bound hounds, and even the odd dog.

How it works

The Rolf Method of Structural Integration ('Rolfing') is a manual therapy, designed to work cumulatively over a series of unique sessions, to give you the best alignment possible, so you can function as efficiently as possible. If your body is well aligned, energy (gravity) can flow through it freely and you will be able to move easily, with grace, and have fewer (or no) aches or pains. By working with the fascia of the whole body, rather than just the 'sore spot', one can achieve longer-lasting results.

Whilst most clients choose to embark on the Rolfing journey due to a physical complaint, often they discover that it can have positive effects on their emotional, mental and spiritual bodies too. As we release tension in the physical tissue, the cells can also release memories of other traumas that were stored at a time of mental or emotional distress. Clients have experienced feeling lighter, more open, confident and grounded.