

INTUITIVE CONNECTIVE TISSUE BODYWORK

Connective Tissue Bodywork developed out of the work of Ida Rolf and first gained widespread recognition during the 1970's. This type of bodywork is a very specific, hands-on technique that focuses primarily on connective tissue and not so much on the muscular system. Other names for similar work are **Postural Integration** or **Structural Integration**. As a need for a more updated system began to emerge so did a more evolved way to administer the founding principles of connective tissue bodywork. From this idea was born something new: **Intuitive Connective Tissue Bodywork**. Just like any growing system many times the final product looks nothing like the early beginnings. Many times these later developments far surpass their earlier ancestors.

What Is Intuitive Connective Tissue Bodywork?

Intuitive Connective Tissue Bodywork is not massage but is often administered on a massage table. There is no oil used on the body as in most massage practices. Instead, there is direct skin-to-skin contact between the client and the practitioner. Fingers, knuckles, or elbows are commonly used during these sessions. The strokes are very slow and focused. For instance, a long stroke along the spine might last for two to three minutes while a shorter stroke between the shoulder blades might last for a few seconds.

Each individual session lasts between one hour and one and a half hours. A complete series that covers the entire body is generally **ten** sessions. Sometimes more sessions are required to work out problem areas. It is also possible to receive a single session or two in order to relieve chronic tension in an area like the neck or back. Many clients choose to receive ongoing treatments to enhance chronic areas of hardness in their body. These advanced sessions could number up to 100 or more and proceed over the course of a year or two.

Who could benefit from this type of work?

Almost anyone would receive some benefit, from athletes, dancers, construction workers, or housewives. Athletes will notice an increased range of motion and improved performance. Dancers will increase their flexibility and their movement will become more fluid. Yoga students will see their practice greatly enhanced. Those with

active jobs, (plumbers, construction personnel, drivers), will come more into balance with their bodies in order to work with more freedom in their movement. The average person will experience a lighter, freer body and improvement in their posture.

Many people experience a freedom and openness that they have not felt since childhood. *Intuitive **Connective Tissue Bodywork*** will also benefit anyone of any age- from the very young to the most senior of senior citizens.

How is *Intuitive Connective Tissue Bodywork* different than other types of connective tissue bodywork?

The work that Ida Rolf began is based on a scientific model and based on the premise that gravity is the culprit for causing us all of our ills in the world. *Intuitive Connective Tissue Bodywork* is different because it is more like art than science and does not follow the belief in gravity as the primary force at work in our lives. *Intuitive Connective Tissue Bodywork* emphasizes the importance of relaxation while the client is on the table and addresses **Stress** as the primary force exerting pressure on our bodies.

A skilled *Intuitive Connective Tissue Bodyworker* performs much like a sculptor, carving away areas of tension and stress. Tissue density, skin color, body heat, and energy levels become key ingredients in determining the direction a practitioner will follow. *Intuitive Connective Tissue Bodywork* is the equivalent of many yoga sessions. The client has his body warmed up by the practitioner's touch, then is stretched. The tension and hardness begin to melt over time.

Can emotions be released?

Many people experience emotional releases as their body lets go of the physical **armor** that was preventing the emotion from moving through. Emotions, memories, and trauma are often stored within the body. Through *Intuitive Connective Tissue Bodywork*, many people are able to release these stored feelings. In fact, some people come to do

the work more for the emotional release than for the physical benefits. Tears, shaking, hot or cold flashes, or tingling are just some of the ways in which the energy of these stored feelings is released. If an emotional experience occurs then a safe space is created to allow for that release. This might be simply rolling over to one side to allow the tears to flow or the energy to dissipate. Many people report no emotional or energetic changes during or after their sessions. **Each person's experience will be entirely unique.**

Is Intuitive Connective Tissue Bodywork painful?

Intuitive Connective Tissue Bodywork attempts to keep the client completely relaxed throughout each session. In fact, many people report falling asleep during a session. This is very common. A skilled practitioner will know how much pressure to use in order to achieve the desired results. Each person has a different body type and a different level of pain tolerance. The goal of the work is to learn to expand into the pressure and not to continue to contract. The level of pressure is moderated for each individual. Most people report a sense of relief while experiencing *Intuitive Connective Tissue Bodywork*.

Trauma and energy from past wounds are stored in the body. *Intuitive Connective Tissue Bodywork* attempts to allow this energy to begin to flow once again. For instance, as a ten year old you might have fallen off your bicycle and landed on your tailbone. The energy may never have been released. As an adult the stuck energy in your tailbone might be what is causing your lower back pain. When experiencing *Intuitive Connective Tissue Bodywork* **the practitioner is not giving you pain; rather, he is releasing the pain that you have stored.** In fact, most people notice that after two or three sessions in one area they no longer experience any discomfort, no matter how much pressure is applied.

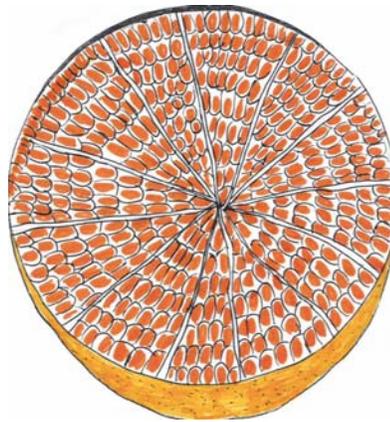
What exactly does Intuitive Connective Tissue Bodywork do?

Intuitive Connective Tissue Bodywork stretches **fascia** tissue and has little to do with the actual muscles themselves. By using slow, focused pressure, the practitioner literally warms up the **fascia** and stretches it like you would if you were stretching taffy. The fascia has to be warmed up to stretch. That is what the slow pressure does- it

warms up the **fascia**. By applying direct pressure and holding still the **fascia** begins to heat up. When **fascia** then cools off it is left in a **permanently expanded state**. It is as if the practitioner is ironing out the **fascia**.

What is Fascia?

There are many forms of connective tissue in the body. **Fascia** is just one form of connective tissue. **Fascia** binds all blood vessels, muscles, nerves, and tendons together. It interweaves to connect almost every cell. It is said to be like a fine film that wraps around all the muscles. It travels throughout the entire body, as if one were to wear a full body sweater. If you were to dissolve the muscles and bones what would be left would be mostly **fascia**. This would look like an intricate honeycomb. This is why a swollen right ankle might affect the right ear. Fascia can be equated to an orange. When you cut open a juicy orange the white film that holds the juice sacks together would be what fascia is like in your body. This film would encapsulate all cells and weave its way through the body.



Fascia is made up of a material called ground substance. This ground substance is unique in that it can change shape, depending on how much pressure or heat is applied to it. When a practitioner applies a stroke he is heating up the ground substance in the **fascia**. This then becomes more like a liquid than a solid. The practitioner then can shape the fascia as if to mold a clay figurine. This is similar to applying heat

to an ice cube. It melts. But if you reapply cold then it will become solid once again in the desired shape that you form it into.

Contrary to our old paradigms, the body is much more like plastic than it is like concrete. It can be shaped and changed throughout one's lifetime, for the better or for the worse, depending on which type of stimulation that you apply to it.

For instance, over a lifetime of stress, lack of adequate hydration, inefficient or absent exercise, contracted muscles and contracted thoughts, the **fascia** tends to dry out. Once the fascia dries out it becomes brittle and lifeless, tending to keep one contracted and immobile. But if you continue to apply stimulation that expands the body and the mind, and keep the body adequately hydrated, the **fascia** will continue to remain expanded and open. Such stimulation might consist of such simple things as practicing yoga regularly, receiving massages, and just learning how to relax. In addition, the inability to feel and release trapped emotions keeps the fascia wound very tight, leading to drying out later on.

When the **fascia** becomes unhealthy it tends to glue together in a process called **Hydrogen Bonding**. This feels like there is cement in your muscles. Just like a stack of old newspapers that are stored in the garage for a lengthy period, our fascia will stick together as well.

Fascia is also very important because it plays a major role in shaping disease. **Fascia** is a vast network that carries energy through it. This energy, often called the **life force, chi, prana, or ki**, is what keeps us alive. In Western terms, this is like a source of electricity that runs throughout our body. When a muscle or organ does not receive energy it decays. When the **fascia** is contracted and dries out then less energy is able to move through the body, resulting in disease or chronic pain.

Are there side affects?

Yes, there can be side affects. This work is a life changing **process. It can be very intense for some people.** Many people feel tired afterwards and need to sleep more. Others feel more energized. Some people feel scattered and disorganized as their body and mind attempt to find a new way to organize itself in the world. As the body and the posture changes then the movement will also change. A few people report such instances as hives or their pre-existing gout flaring up after a session. This is all normal as the body attempts to release many stored up toxins. Some people report chaos when receiving

multiple sessions as their habitual patterns of moving through the world become altered. This may only last for a short time.

Is Intuitive Connective Tissue Bodywork for you?

Clients come to **Intuitive Connective Tissue Bodywork** for a variety of reasons, from straightening of their posture, relieving chronic pain, emotional release, or just wanting to feel better. No matter what the reason, you will get out what you need and will experience a life-changing event.