

# Structure, Function, Integration.

Journal of the  
Dr. Ida Rolf Institute®

December 2025

## EMBODIED PERFORMANCE

Embodied performance is a practice that integrates movement, breath, and awareness to create a unified experience. It is a form of expression that transcends traditional boundaries of dance, theater, and physical therapy. This issue explores the ways in which embodied performance can be used as a tool for personal growth and healing.

## PROPRIOCEPTION AS INTERVENTION

Proprioception is the body's ability to sense its position and movement. It is a fundamental aspect of human experience that is often overlooked in traditional physical therapy. This issue explores the ways in which proprioception can be used as a tool for intervention and healing.

## GROW YOUR PRACTICE WITHOUT SOCIAL MEDIA

Growing your practice without social media is a challenge, but it is also an opportunity. This issue explores the ways in which you can grow your practice through genuine rapport and trust. We offer a high level of genuine rapport and trust; we are committed to your success.

*Also in this issue*

Aline Newton, with Rebecca Carli-Mills, invites us to participate in [a special event](#) (2025).