

Structure, Function, Integration.

Journal of the
Dr. Ida Rolf Institute®

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STRESSORS, FORCES, AND RESILIENCY

“As people come to Rolfers™ with their aches and their pains, we can see where their bodies are literally offering blocks to the gravitational forces.”

— Dr. Ida P. Rolf
(1896-1979)

WEAVING BETWEEN TENSEGRITY AND BIOTENSEGRITY

Let's discuss the physical material that allows humans to be upright, and then we'll talk about allowing that fluidic nature to move, feel, and be.

HOW ROLFERS™ HEAL

Every practitioner finds their own path to wellness. From breathing to psychedelics to athletics, read our authors' perspectives.

Also in this issue

Before-and-after pictures demonstrate the change during a Roling® session.

