VISITING PRACTITIONER
MARIA HUSSAIN

Rolfing
Originating from the UK with a base now in Singapore, Maria Hussain has been practicing bodywork for more than fifteen years. Her career as a Massage Therapist highlighted the debilitating effect that chronic pain can have on an individual; and so began her quest to study a modality to provide relief to chronic pain sufferers. Maria now specialises in Structural Integration in her Singapore clinic. Her therapeutic and holistic approach is based on the pioneering work of Dr. Rolf, the founder of Rolfing.

**ABOUT ROLFING**

Rolfing is a hands-on therapy, which takes a holistic, full body approach to enable you to move more easily and comfortably. Through manipulation of connective tissue, also known as fascia, it is a wonderful tonic for maintaining good posture and ease of movement, and can be remarkably effective for chronic pain patterns.

Rolfing has helped clients requiring postural corrections after weight loss or pregnancy; office workers with repetitive strain from sitting too long; and others with injuries or tightness from physical training.

An aligned and balanced body can ease strain patterns in the entire system, improve breathing, increase energy and boost self-confidence. Rolfing is beneficial for everyone; for pain management, to enhance athletic performance, to facilitate injury rehabilitation and for anyone who just wants to move better, and feel more co-ordinated and aligned in their body.

75-minute Rolfing Session $195 USD

*ALL PRICES ARE IN USD AND SUBJECT TO 25% GOVERNMENT TAX*