

Contents

Introduction	10	What Are You Seeing?	93
Editorial Notes	11	Who You Are Is What You Do	105
1. Historical Lineage – The Historical and Philosophical Lineage of the Work		5. Advanced Structural Integration & the Basic Series	
Emanuel Swedenborg	16	From Superficial to Deep: The Logic of Advanced Work	112
Jean-Jacques Rousseau	17	The Lumbo-dorsal Junction (LDH)	116
Andrew Taylor Still	18	Posterior Lumbar and the Principle of Spinal Organization	120
William Garner Sutherland, D.O.	19	The Gateway to Advanced Work	121
Jan Christiaan Smuts	20	From Nine into Ten	125
William Herbert Sheldon, Jr.	21	Compulsions Out, Free Choice In	133
Alfred Korzybski	22	Intuition Ahead of Understanding	135
Gaston Bachelard	24	Open the Door, Don't Walk Through It	137
Moshé Pinchas Feldenkrais	24	6. Anatomy	
Friedrich Salomon 'Fritz' Perls	25	This is Triumph	150
2. Foundational Principles of Structural Integration		Life Ain't Like That	150
Two Factors Inside Your Skin	28	What We Think We Know	154
Our Greatest Nemesis and Ally	29	Freeze in Fascia	157
Chaos Is Not a Treatment Plan	36	Nothing Simple About the Psoas	160
Diminishing Returns	38	The Art of Lengthening	174
Beyond Seeing	38	The Secret Life of the Gracilis	175
The Long Road	46	The Pelvic Floor and Its Forgotten History	177
Focusing on the Goal, Not the Symptom	46	More Fragile Than You Think	180
Verticality Without Effort	66	What the Foot Can Tell You	180
3. Structural Integration and Other Modalities		A Physiology of the Soul?	185
Chiropractic	78	One Clue to Verticality	190
Alexander Technique	79	Cranial Literacy	190
Feldenkrais	80	7. A Life in Practice	
Yoga/Taiji	81	The Work of Service	200
Acupuncture	85	Craftsmanship as Calling	204
4. The 601 Theme		The Practitioner in Community	213
Gravity, Verticality, and the Body	88	Pacing the Process	214
Seeing, Thinking, and Knowing	92	Lines You Don't Cross	218
		The Art of Solid Communication	233
		Redefining Learning	239

8. Yoga and other Exercise Modalities	
Principles Over Positions.....	249
9. Charted and Uncharted Territories	
From Ideas to Reality –The Gospel of the Personality	262
Border Country – Where the Maps Run Out.....	275
Think Different – See Different – Work Different.....	299
10. Navigating the Establishment	
Fashion, Posture, and Soft Tissue	326
Know Your Limits.....	326
The Referral Problem.....	331
Humility, Ego, and the Price of Arrogance.....	332
The Grace of Being Gravity's Understudy.....	333
11. Glossary	
Glossary of Names.....	337
Glossary of Soft Tissue	338
Glossary of Bony Landmarks.....	339
Glossary of Divers Topics	340



Dr. Ida Rolf – picture courtesy Neal and Daragh Powers.

Introduction

In 1967, at the age of 71, Ida Rolf began teaching her first systematic training programs in Structural Integration at the Esalen Institute. There have always been discussions about what she actually said, which often depended on which class you attended – the work itself was continually evolving. This book focuses on the Advanced Trainings she led between 1974 and 1976. By then, the hour was late – only three years remained.

Reading these transcripts, you can often sense the urgency with which she felt compelled to pass on what needed to be taught. In some passages, you can also sense her frustration when students failed to fully grasp the true intentions of her life's work. In one exchange, she recalls: "When people came in for the selection committee, I say, 'What do you understand by the sentence: Structural Integration is a way of life?'"

She must have sensed time was short. The last class she ever taught was in 1978. Yet as Mary Bond recalls in the documentary *Ida Rolf – Mother of Fascia*: "There were so many times when she would just laugh. And there was something very deep in that laugh that touched me – and still does. There was this deep, wise humor she expressed, and it wasn't entirely clear to me, even now, what she was laughing about. Except maybe just that the human condition is so crazy. I don't think she was harsh. She was no-nonsense. Roll up your sleeves and get to work."

What she left behind in written form, however, was remarkably spare. Ida Rolf passed away in 1979 at a nursing home in Bryn Mawr, Pennsylvania, outside Philadelphia. This book captures what she really said – in her own words, in her own time.

Until very recently, only two books preserved her words and teachings directly: **Rolfing: The Integration of Human Structures** (1977). This was Ida Rolf's magnum opus – an extraordinarily condensed articulation of her philosophy, an explanation of the anatomical rationale behind Structural Integration, and a "coded" description of the Basic Ten-Series intelligible only to practitioners who had completed the training.

Ida Rolf Talks About Rolfing and Physical Reality (1978). A curated collection of aphorisms and quotes from Ida Rolf.

A third book joined these in 2022, assembled from historical materials: **Structural Integration – The Basic Series in All Its Abundance: An Homage to Dr. Ida Rolf's Work Inspired by John Lodge**. This volume brings together handwritten and typed documents by Ida Rolf herself, John Lodge's notes from his lectures as an instructor, and Lodge's drawings of human structural variations – complemented by accounts from senior SI instructors describing their first encounters with Structural Integration.

In the fall of 2023, I received an email from Wayne Hackett, a close friend of Ida Rolf's, who whenever she passed through Boulder made sure to stop by his place for chicken-fried steak and warm custard for dessert. He was writing to ask whether I would be interested in a collection of audio cassettes of Ida Rolf teaching Advanced Classes from 1974 to 1976, tapes that had recently been discovered in Emmett Hutchins' garage. *[Wayne Hackett was a close supporter of the SI community. Emmett Hutchins and Peter Melchior were the first instructors personally chosen by Ida Rolf.]*

From the moment I read that message, it felt like an invitation to contribute a fourth book. A few weeks later I met with Wayne Hackett in a small town in the Swiss Alps where he was teaching a Jin Shin workshop. He handed me three cases containing 82 audio cassettes, and the work began.

Once the tapes were digitized, it became clear that the sound quality of many was severely compromised. Some had suffered physical damage; in others, the microphone had been placed too far from the speaker; in still others, background noise overwhelmed Ida Rolf's voice – a shadow of the late sixties – what can you do? Even so, approximately 51 cassettes proved clear enough to transcribe.

Editorial Notes

Transcription and editing. The transcriptions were produced with the assistance of modern speech-recognition software and subsequently reviewed and lightly edited.

Original wording has been preserved throughout; only occasional passages concerning classroom logistics or course administration were removed. Ida Rolf's distinctively oral style has been retained almost entirely, with minimal smooth-

ing into written prose – limited to a handful of instances where the rhetorical repetition characteristic of her spoken delivery would have felt excessive on the page. A selection of excerpts from other interviews have been added to afford the reader a fuller understanding of the material – the Epistemological Profile being one such example [see chapter 9. Charted and Uncharted Territories]. Editorial Notes are marked by [square brackets].

Organization. Because the tapes were not consistently numbered, placing them in strict chronological order was not possible. Instead, the material has been organized thematically: Ida Rolf's words on a given subject have been grouped together regardless of which tape they originated from. Some of the passages are quite brief, while others are considerably longer; the lengthier ones have been left unabridged, as they are particularly representative of Ida Rolf's style of teaching.

Names. Any student names that appeared in the recordings have been replaced throughout with 'Student,' 'Student 1,' 'Student 2,' and so on. Students and practitioners full names have been withheld for privacy. IPR stands for Ida Pauline Rolf.

Terminology. The recordings on which this book is based were made between 1974 and 1976, and this book is drawn from transcripts of those recordings. In them, Ida Rolf uses both "Rolfing" and "Structural Integration" freely. "Rolfing®" was registered as a service mark of the Dr. Ida Rolf Institute in 1979, after these recordings were made. This is an independent historical and editorial work, not sponsored by, affiliated with, or endorsed by the Dr. Ida Rolf Institute. For clarity and consistency, all instances of "Rolfing" in the original transcripts have been replaced with the generic term "Structural Integration" throughout this book.

Historical Lineage. Other figures such as Pierre Bernard and Amy Cochran are unquestionably also part of the lineage that led to Structural Integration. Although they are not mentioned in these particular recordings, interested readers may explore their contributions elsewhere. Those seeking a deeper historical perspective – including her years at the Rockefeller Institute and her immersion in quantum physics – will find the biographical documentary **Ida Rolf – Mother of Fascia** richly rewarding.

Images. The images in the book were all originally drawn by John Garbutt Lodge for the book *Rolfing: The Integration of Human Structures* (1977) and are reprinted here courtesy of the European Guild for Structural Integration. "John

was a man of infinite patience. He'd work all night showing how a set of ribs articulated with the vertebral column, only to have Ida Rolf say the one in the middle couldn't be at that angle. So he'd correct it, working all night again to make a new drawing, and the next morning he'd find out that the vertebra needed to be moved. For John, it meant re-creating the whole drawing each time." Wendy Walker regarding John Lodge in the book *Structural Integration – The Basic Series in All Its Abundance: An Homage to Dr. Ida Rolf's Work Inspired by John Lodge*.

Acknowledgments. My thanks go to Bern Shanfield, whose idea to create an AI specifically for this book proved invaluable in organizing the material; to Dan Bienefeld, David Davis, and Adam Polański for their editorial contributions; and to Cornelia Studer for the beautiful layout.

This book lends itself to more than one way of reading. You may work through it from start to finish, consult a specific topic via the extensive index at the back, or simply keep it close at hand and open it at random from time to time – and let Ida Rolf speak to you.

Aleš Urbanczik