

# Table of Contents

## **The Recipe**

<i>Developments in Ida Rolf's Recipe</i> , Thomas Myers.....	4
<i>Principles of Holistic Intervention: Overcoming the Limitations of the Ten Session Recipe</i> , Jeffrey Maitland.....	18

## **Research and Techniques**

<i>Biomechanical Structuring for Figure Skaters</i> , Helen James.....	34
<i>Tissue Response to Osteopathic Manipulative Treatment</i> , Marvin Solit.....	50
<i>The Assymetrical Pelvis</i> , Liz Gaggini.....	55
<i>A Rolfer's Approach to Working with Repetitive Stress Injuries</i> , Siana Goodwin.....	60

## **Structural Integration and The Nervous System**

<i>Fascial Plasticity – A New Neurobiological Explanation</i> , Robert Schleip	
Part I.....	64
Part II.....	73
<i>Gravity's Intimate Physiology</i> , Carol Agneessens.....	86
<i>Trauma and the Body Response: A Discussion</i> , Linda McClure.....	93

## **Perspectives**

<i>Principles in Integrative Movement and Touch Therapies</i> , Sol Petersen.....	97
<i>Transformation, The Essence of Structural Integration</i> , Sol Petersen.....	99
<i>Structural Integration: On Your Own and with Others</i> , Marvin Solit.....	101
<i>Seeing the Ground of Movement: Tonic Function and the Fencing Bear</i> , Kevin Frank.....	103
<i>The Core of the Matter: Core and Sleeve in the Rolfian Paradigm</i> , Jeff Linn.....	105
<i>Bodyworkers, Comparative Anatomy and Paleontology?</i> , Richard F. Wheeler.....	110
<i>Created in the Image of....</i> , Linda Harmon.....	112
<i>Dr. Rolf's Vision: Healing Symptoms and/or Transformation</i> , Don Hanlon Johnson.....	119
<i>Grounding Structural Concepts in Physical Reality</i> , Hans Flury.....	125
<i>Looking vs. Seeing, A View Towards Broken-Hearted Body Work</i> , Thomas Pathe.....	132

## **People**

<i>An Interview with Judith Aston</i> , Stephen Pare	
Part I.....	134
Part II.....	139