

ABOUT STEVE



Steve graduated from the University of Arizona in 1975 with a B.S. in biology. The following years of self discovery included two spiritual pilgrimages to India to study the teachings of Meher Baba.

He graduated from the Rolf Institute as a Certified Rolfer in 1988. His first seven years of practice included studying the energy healing of the Kahuna with the High Priestess of the Hawaiian Island. In 1994, at an unprecedented event in an ancient temple ceremony at Pu'uuhonua, Hawaii, Steve was taken into his Kahuna's lineage and given the name 'Kalamakua' meaning Ancient Wisdom.

Steve received his Advanced Rolfing Certification in 1995 in Sao Paulo, Brazil and is currently practicing in both Phoenix and San Diego, dedicated to the healing of the planet.

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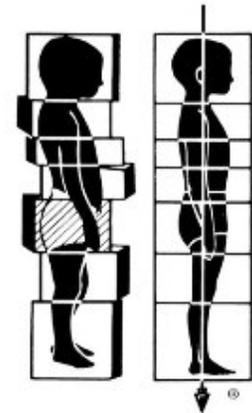
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THE ROLFING® STUDIO

STEPHEN METTNER
*CERTIFIED ADVANCED
ROLFER*

18 Years in Practice

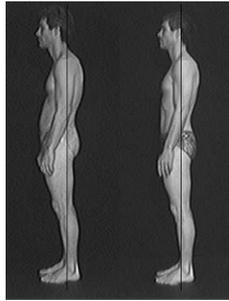


Rolfing®
The World's Most Advanced Body Therapy

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WHY DO YOU NEED ROLFING?

Few people if any have the perfect body...meaning an upright and relaxed posture, free from pain, lack of flexibility and muscle restriction. This is because our bodies encase and reflect our cumulative life experiences by absorbing them into our connective tissue. Everything from birth trauma, childhood injuries, illnesses, emotional scars, sports injuries, surgeries and car accidents are elements that become incorporated into our connective tissue and become a part of who we are.



Before 1 After 10

Injured and affected tissues shorten and contract into fixed movements causing rigidity and pain. Because the body always seeks to adapt, it compensates in another area, again affecting posture and movement. Over time these constrictions and compensations have resulted in the body you have today.

The Rolfing process addresses the connective tissue or "Fascia" of the body. This fascia surrounds every muscle and muscle fiber, penetrating every cell and connects right down to DNA itself. The connective tissue is all pervasive and is essentially the "organ of form" in regard to our structure. Our bones, spine and posture are how they are because the fascia holds and shapes them.

HOW ROLFING WORKS

Rolfing works through slow, deep yet respectful pressure. The Rolfer may apply different pressures by using his fingers, back of the hand, forearm, or even an elbow, depending on what layer of tissue needs to be addressed.

The Rolfing technique frees a myriad of strains, tightness and old injuries in our bodies. In a powerful way, Rolfing re-educates the body by telling the tissue to "release here, untangle there". This promotes a return to normal stability, restoring normal function and balance, free of accumulated trauma and is a re-patterning of our connective tissue. This process occurs over a ten session interval, where each session is different and targets a different set of goals meant to unwind our bodies. Each session is approximately one hour in length and appointments are usually spaced one to two weeks apart.

THE RESULTS

One immediately notices a change in movement, posture and flexibility after the first session. The most consistent and common result clients realize is a better posture, greater balance and ease of movement. One regains a dramatic increase in flexibility free from chronic aches and pains.



More benefits include a better mental attitude, more energy, and a decreased susceptibility to stress, all which in their own way lead to

other quality of life results. It is noteworthy that many people receiving Rolfing are often asked if they work out...because of a greater muscle definition, that results from freeing up the fascia.

The benefits of Rolfing are very long term. Because we are changing the way we move and stand, the perpetual loop of strain is released from the body. Many people report huge changes in the six months after treatment.



Rolfing is for anyone who wants a healthier, more flexible, youthful and beautiful body and is the foundation for most other forms of bodywork.

The list of competitive athletes who turn to Rolfing to resolve repetitive problems and injuries is extensive. Those who practice Yoga find a greater flexibility and understanding of their body. Rolfing dramatically assists in the opening and lengthening posture yoga strives for.

An absence of pain from your body is possible, as is feeling lighter, moving easier, and with a renewed attitude. It's really about a journey into the awakening of your body.