
ABOUT GRAVITY THERAPY

Gravity Therapy, is committed to making you feel at home in your body by offering Rolf Structural Integration. Rolf Structural Integration is named after the inventor Dr. Ida Rolf Ph.D., who was an American biochemist. It is distinguished from other disciplines by its primary attention to gravity.

Other manual therapies seem to seek tonal balance, energy balance or emotional balance. While Rolf Structural Integration attends to all of the above, its primary goal is to alter the structure of the human body so that instead of fighting gravity, one can use it as an energy source.

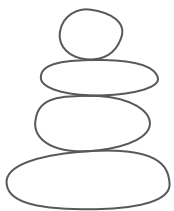
PRICING

Single Session:

\$100 Adult, \$80 Youth, \$20 Child

10 Session Series:

\$900 Adult, \$700 Youth, \$200 Child



Aga de Zwart is a Rolf Practitioner and the founder of Gravity Therapy. She is a professional member of the International Association of Structural Integration Practitioners (IASI) and a member of Natural Health Practitioners of Canada.

Growing up, Aga was drawn to sciences. She studied engineering at the University of Calgary and after graduating spent a decade working in the hi-tech industry, first specializing in the field of satellite navigation, and then transferring her skills to the field of medical engineering.

Aga's engineering mind was drawn to study Rolf Structural Integration because of its primary attention to gravity. This inspired her to name her practice "Gravity Therapy". After completing the Rolf Structural Integration training in 2003, she practiced in Boulder, Colorado, the South Island of New Zealand, and now in Nelson, British Columbia.

Aga's goal is integration of the whole person. She works to restore and improve function by looking for the source of the problem to allow for lasting results. Aga applies a wide range of methods to work with her clients. Some of these include: Visceral Manipulation, Cranial Manipulation, Vascular and Nerve manipulation, Joint mobilization.

Aga de Zwart
Rolf Practitioner

Nelson Medical Clinic, 806 Vernon St, Nelson BC

Enquiries 250 505-9275 , **Appointments** 250 352-6611

Email agat@bigfoot.com, Facebook Gravity Therapy

feel
at
home
in
your
body



gravity therapy

Are you dealing with pain, have a decreased range of motion or are affected by misaligned posture?

CONNECTIVE TISSUE RESTRICTIONS

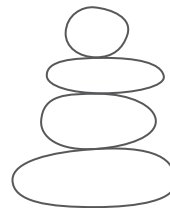
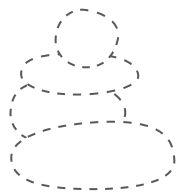
Chronic pain, a decreased range of motion, or misaligned posture are signs of connective tissue restrictions.

The human body has only one piece of connective tissue - all fasciae ligaments, tendons, etc. are continuous. These tissues make up 20% of human body weight and form the element of support which maintains spatial relationship amongst organs, bones, muscles and all other tissues.

Rolf practitioners work with the continuity and plasticity of this connective tissue. They release connective tissue restrictions, allowing the body to realign, heal, and develop a new relationship with gravity.

BENEFITS

- ~ released restrictions in the connective tissue
- ~ reduced pain
- ~ restored body alignment and balance
- ~ improved posture, body shape and function
- ~ increased height
- ~ improved flexibility
- ~ restored fluid and graceful body movement
- ~ enhanced rapport with senses and sensuality



let's get your body working

WHO NEEDS ROLF STRUCTURAL INTEGRATION?

- ~ People with residual scar tissue, adhesions, or chronic postural adaptation to pain due to fracture, trauma, injury or illness. e.g. car accident, illness, surgery
- ~ People with emotional tension and psychological stress developed into patterns of tension. e.g., squinting, teeth grinding, hunching of shoulders, restriction of breath
- ~ People engaged in habitual activities causing repetitive stresses, and unconscious postural imitation. e.g., computer programmers, parents, musicians, athletes

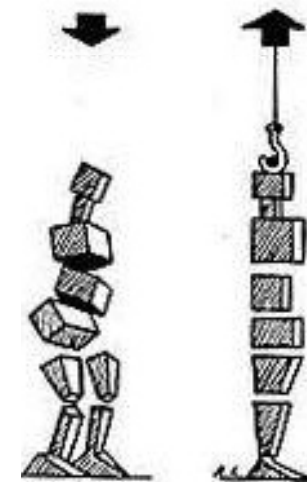
ENDORSEMENTS AND QUOTES:

"People with shoulder and elbow problems, with scar tissue resulting from injury or surgery, chronic hamstring problems, low back and cervical spine problems. People that have had chronic problems that have not been helped by anything else. All those people can be helped with Rolfing®"

Jim Montgomery, MD, an orthopedic surgeon in Dallas, TX, often refers his clients to Rolfing.

"After two knee surgeries and 54 years of life, my feet hurt, some of my toes would not bend, and I was starting to have knee pain again. I went to Aga for Rolf Structural Integration sessions. Now the shape of my legs is more pleasing, my knees don't hurt, and I can bend my toes. I heartily recommend Aga's work".

Susan S. Interior designer and skier



ABOUT AGA'S WORK

"Aga's work is precise, focused, and meticulous. Much of the intelligence and strength in her hands is a product of her prowess in rock climbing, combined with many years of playing the piano. She is an excellent practitioner because she is always studying structure and movement from within. Her engineering background allows her to see and work with a sharp focus. And best of all, what surrounds her solid efficient work is her warm, open heart and a sense of humor."

Patrick W., Nationally Certified Massage Therapist