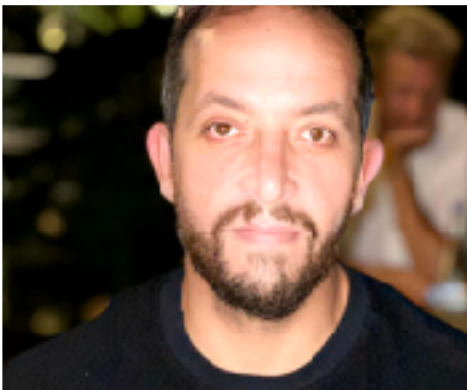
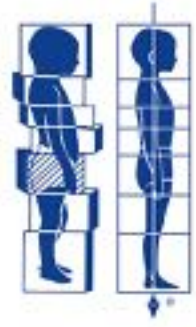


Book A Rolfing Structural Integration Session With Pablo

Get your spot now!



Pablo has a unique combination of knowledge and skills.

He is an Advanced Rolfing Structural Integration Therapist that has been mentored by some of the best rolfers alive such as Dr. Peter Schwind.

In his practice he is extremely effective and his level of expertise has taken him around the world, giving sessions, education, workshops and courses.

ROLFING IS A UNIQUE MANUAL THERAPY TECHNIQUE CREATED BY DR IDA ROLF.

It works on organizing the fascial network through soft tissue manipulation and movement education, realigning the body blocks to have a good relationship with gravity.

The rolfer communicates with the nervous system and helps change the pre-movement and the unconscious patterns that hold the body in a state disharmony, helping to break old dysfunctional patterns. This improves function of the body and leads to better posture and greater self perception.



A rolfing session can be very beneficial at the beginning of the training to develop awareness and be mindful of compensations in the yoga practice.