

Welcome and A Few Logistics

Hello and welcome to The Rolf Workshop! I am excited that you have scheduled your first Structural Integration appointment and look forward to meeting you at your first session. The following are some session logistics regarding what forms are necessary to bring in completed to your first session, what to wear, and directions to my office.

Please download the following two forms from my website and complete them prior to your first session. Bring the completed forms with you to your first session.

Health History Form - pretty straight forward. Call or email if you have any questions on this one.

Symptom Survey Form- Detailed questionnaire to look at systemic patterns. This needs to have at least 30 bubbles filled out to be effective.

There are no judgements on this but the more accurately you record what you are feeling, the more accurate the information I will have to draw the big picture of your life patterns.

I also wanted to give you a heads up on a couple of logistical items so you will come to your first session properly prepared.

First, appropriate clothing for the session is one of the following:

For Women: bra and underwear, short yoga short and sports bra, or two piece bathing suit are appropriate. Mix and match as necessary.

For Men: appropriate clothing for the session is one of the following: boxers or underwear, stretchy athletic shorts that I can move around, or a speedo type bathing suit.

I will need to see your body profile and be able to work on your body as Rolfing is a hands on practice.

Second, **if you normally put body lotion or oil on after your morning shower**, please **refrain from doing** so on the **morning of our appointment** as **this interferes with the effectiveness of the work**. The same goes for any **topical medicines or hormone creams**.

Third, please be on time to your appointment as I often schedule people back to back and I want to make sure that you get your full time allotment.

For the first session please allow up to 2hrs

Subsequent sessions are 75min.

The address of my office is: 2664 Newport Blvd, Costa Mesa, CA, 92627. My direct line (Talk/Txt) is: (949) 375-7278.

We are off of the 55 South. Exit Del Mar/Fair Dr. and go through the first two traffic lights. Turn left at

Fair Avenue and go over the 55 FWY. Turn left again at the first light (Newport Blvd- North) and go about halfway down the block- You will see the Marquee sign for Southwest Health Professional Center. Turn right into our parking lot and come on in!

From PCH: travel north on Newport Blvd. Take the 55 FWY North and exit Del Mar/Fair Dr. Head North on Newport Blvd- and go through the first traffic light (Fair Dr.) and go about halfway down the block- You will see the Marquee sign for Southwest Health Professional Center. Turn right into our parking lot and come on in!

Lastly, I am honored and excited that you have entrusted me with your care. Kindly reply to this email or call or text me at (949) 375-7278 to confirm receipt of this message.

all the best,

-Manny