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PLEASE READ AND KEEP THIS INFORMATION WITH YOU

Policies

Please allow 1 hr 45 minutes for your first session and 1 hr 15 minutes for each subsequent session in your schedule.

Please be on time for your session. If you are late, we will conduct the session within the time that is left in your scheduled appointment. Please call if you are running late.

Cancellation policy: Please call Elevate Wellness Center or your practitioner directly in the event that you cannot make your appointment. You will be charged **\$80** if you miss the session without notification (no-show). If you cancel within 24-hours of the scheduled appointment, you will be charged **\$55**.

Payment is due at the conclusion of your session. Returned checks will incur a \$25 charge in addition to any bank fees.

Guidelines and Suggestions

Please come to your session hydrated, clean and ready to focus for the duration.

Please refrain from wearing perfume and using lotion on the day of your session.

Please wear full-coverage underwear (boxers / briefs for men, underwear and regular bra for women) or you may dress to your level of comfort. Please expect to walk in this attire.

Please time your food intake to maximize the benefits of Rolfing: avoid coming to a session hungry or with a full stomach. It is a good idea to carry a sports bar with you in the event that the session increases your hunger.

After a session it is helpful to leave time for your body to integrate the changes that have occurred in your structure; try to take a walk to explore new movements and awareness. If you jump right back into old movement patterns by engaging in strenuous activity, you may not experience the maximum benefits of the work.

When you are going through a Rolfing series, avoid introducing new types of exercise to your program or drastically altering the frequency of your routine. If you exercise regularly, your normal schedule is fine and will be an avenue for you keep track of the changes that occur throughout the series.

Going through a series is an amazing time to cultivate your awareness of your physical, psychological and sometimes spiritual process. You can do this by consciously focusing on your movement patterns, particularly while sitting, standing and walking. The more awareness you bring to your activities outside of the Rolfing sessions, the more you will gain from them.