



CHAPTER 1 SPECIFICALLY FOR PEOPLE WHO

- have never and will never exercise
- like to exercise and want to improve
- professionally pass on their movement expertise to others

for anyone, who would like to experiment with 4 simple principles that, if applied regularly, can dramatically improve his or her quality of life.



CHAPTER 2 SPECIFICALLY FOR

- people who have decided to take their exercise program to a more sophisticated level.
- amateur and professional athletes, who want to learn safer approaches to exercising
- instructors of any type of sports or movement programs.

This chapter provides a detailed analysis of common exercises. It suggests that using 3 further principles will improve their effectiveness and safety.



CHAPTER 3 SPECIFICALLY FOR PEOPLE

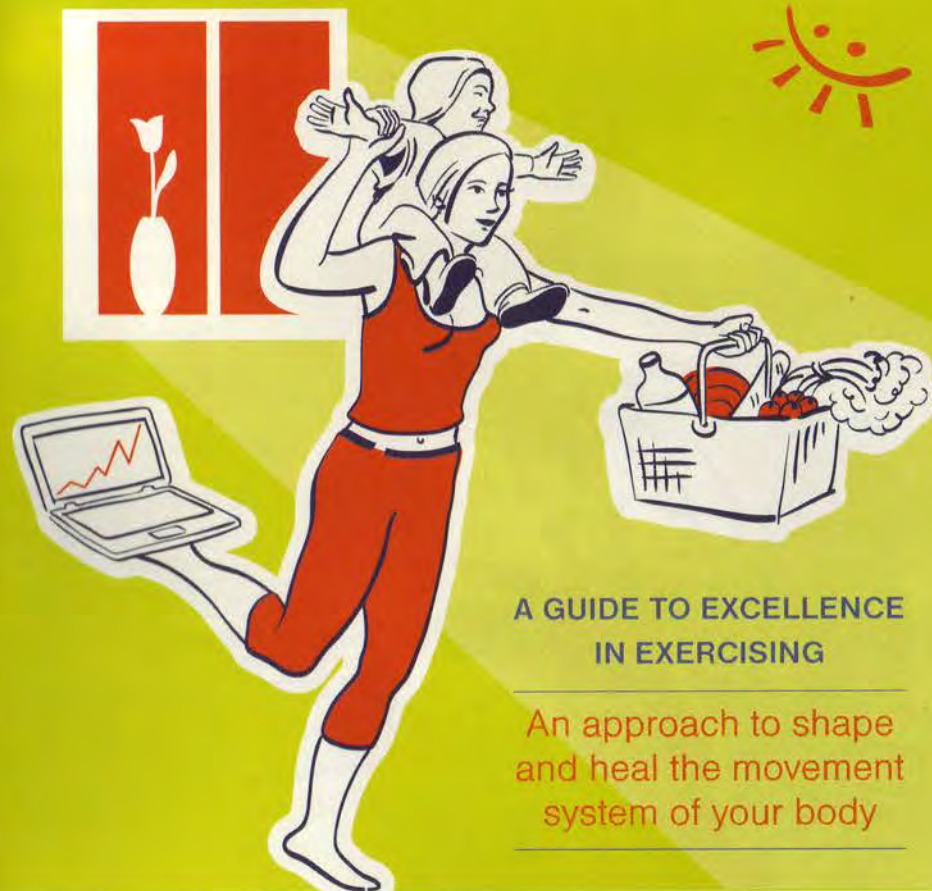
- who like to exercise at home
- who don't like practicing by themselves
- who want to offer the students in their exercise classes an interesting alternative

33 minutes of exercises a day will restructure your body and calm your mind.

„ After a serious accident it looked like I might be paralyzed from the neck down. Rolftherapy helped me heal and now I lead a completely normal life. The structure of my body has improved; I am slimmer and more self-confident. Today I pass on my experiences to others. “ Zdenka Š.



TOWARDS A FIT AND HEALTHY BODY, FULL OF VITALITY



A GUIDE TO EXCELLENCE
IN EXERCISING

An approach to shape
and heal the movement
system of your body

The way you imagine
Movements changes
their quality



IT'S NOT IMPORTANT
WHAT YOU DO, BUT HOW
YOU DO WHAT YOU DO.

DVD
DISC

We know about the omnipresence and influence of the gravitational field of the earth.

What we usually don't know is how use gravity as a tool to shape The 7 principles introduced in this DVD constitute a surprisingly simple toolkit. Chronic pains, e.g. headaches or back-pain, will greatly improve. Concurrently pleasant personality changes will occur as you will look at the world from a more secure structure.

*„Chronic back and hip-pain, had put a lot of limitations on my life. Thankfully I discovered this approach, because it fundamentally changed my perspective on life. The pain is gone and on top of that I am much more self-confident.“
/Jaroslava N./*

*„I spend most of my time in front of the computer or driving. Doing work around the house is also quite strenuous. All of this started to have a negative impact on my health. From the DVD I remember two simple principles. When I implement them I immediately align my body and feel a lot better.“
/Pavel K./*

*„I do a lot of public speaking and need to feel healthy and self-assured. I don't have time for regular exercises. This method has given me tools to quickly balance my body, stay in shape and come across as confident even in situations of extreme stress“
/Michaela Š./*

ABOUT US

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SHIMA is the Hopi word for Love