

ROLFING® THERAPY

AT TOLUCA LAKE TENNIS
& FITNESS CLUB

What is Rolfing®/Structural Integration?

A holistic, hands-on therapy that blends massage, physical therapy, osteopathy, and yoga. It's more than deep tissue work—Rolfing helps realign your body with gravity for improved posture, movement, and overall well-being.

How it Works:

Through slow, intentional deep pressure, I release tension and realign your soft tissue layers, enhancing flexibility and ease of movement. Many clients experience lasting relief and feel more balanced after each session.

During Your Session:

We'll discuss your concerns, and you'll relax on the massage table in comfortable attire (sports bra/shorts). I'll use customized techniques to address your specific needs, sometimes guiding you through movement to release tension and improve mobility. Every session is tailored just for you.

Appointments & Pricing

\$200 for a 50-minute session

Payment Options: Venmo, Zelle, Cash, Check

Appointment Times:

- Monday & Tuesday: 10 AM | 11 AM | 12 PM | 1 PM
- Wednesday & Thursday: 2 PM | 3 PM | 4 PM | 5 PM
- Saturday: By Appointment
- *No walk-ins.*

Cancellation Policy:

24-hour notice required to cancel or reschedule. Otherwise, full payment is due.

**BOOK YOUR
SESSION
TODAY!**

Contact Me:

- ✉ mariacristinayogi@gmail.com
- ☎ (818) 209-3930
- 📱 Scan the QR Code to make your payment via **Venmo**.



About María Cristina Jiménez:

Graduated from the Dr. Ida Rolf Institute in 2013, Advanced Rolfer® since 2016, and a licensed occupational therapist from USC. With years of experience as a yoga instructor and meditator, I bring a well-rounded, mindful approach to your therapy.



SCAN ME