

Feedback from the 2 models who participated to the Motor Imagery Training workshop for the whole week in Vetan, 25th March - 1st April 2012 (each of them received 4 Rolfing S.I.® combined with Ideomotor Training sessions and attended at least 5 Beamish Bodymind Balancing® lessons during the training week).

Chiara F. (born in 1975, 37 years old. She suffered a cerebral hemorrhage on the left in 2004, with right hemiparesis and global aphasia. In time she recovered the ability to walk, to talk and moves his arm and his right hand but reports an increasing dorsal kyphosis, already very strong, even more when she speaks).

On March, Friday 30th, before the end of the workshop, Chiara wrote via email:

- "During the first session I felt the couch as if it was tilted 20° to the left, and I could not lie down with the left side" exposed "(I needed the presence of a person on the left). After the session when I got up I noticed that the feet were stable, pelvis straight and broad shoulders. I walked away and I noticed that I did not "fall" as before and the chest was expanded. Looking at the feet I knew that the center of gravity was aligned with the body axis while before it was shifted to the left. With a single treatment has disappeared the feeling of unbalance.

During the second session I could feel the couch straight and lie down without have a person on my left. During the session I perceived that the right leg was solid and the air, that I imagined breathing inside, greatly fortified me.

I got up and walked, and feeling like I had two legs, not one and a half.

Then release the leg helped me so much to focus on the pelvis and feet, so it's another step forward compared to yesterday.

During the third session we worked to stretch my hand and my right arm toward the horizon, my Rolfer helped me find some pictures while we worked, and this helped me: at last the arm was fully stretched and did not hurt as before. Then I walked and my body responded: the pelvis was straight, the feet were aligned, the chest was wide open, the shoulders were wide. ...I take home a feeling of balance!"

Then, many days after the end of the workshop, on April 13th, Chiara wrote via email:

"(Upon come back home) ...even at the computer my back is straight, shoulders are "straight straight", the pelvis is balanced, when I stretch my right arm I feel no more pain, the body feels the need to load on both legs, then the muscles of my right leg are stimulated. When I spoke with someone I usually incurved my shoulders and increasing the kyphosis closing the chest, but now is perfect and I can keep straight. The dorsal hyper-kyphosis had 'GONE' and the curves are normalized (before the hemorrhage, when I was 29 years old, the back was perfect. Then the posture was changed).

I'm happy! I spent some days of relaxation, I did not take drugs to get to these results and the course was "magical."."

Marcello F. (he wrote via email some days after the workshop, on April 8th):

- "My name is **Marcello**, I'm 69 years old. In 2009 I had a stroke that paralyzed all my right side.
The therapies that I received during the past years (even several Rolfing sessions),

improved a lot my situation: only a tightness in my leg was present, together with a tensions in my right arm, always a bit bent. I wished to decrease that rigidities.

During the Motor Imagery Training workshop I received a few treatments. It was a very nice experience. I can't say how it worked, but one morning, getting up, I realized that my right arm was suddenly released: I didn't even mentioned before at about it to the Rolfers, because for me it was a secondary problem. Probably a sense of a general better balance allowed me letting go an unconscious tension. The rigidity of my right leg didn't improve, but I can feel a better balance walking."

Feedback from all the models, collected at the end of Rolfing S.I. ® & Motor Imagery Training sessions they received the last 2 days of the workshop:

Claudio B. (born in 1977, quadriplegic after a cervical injury between C6/C7 due by a car accident occurred in 1995)

- Friday: I have been some benefit of the neck, we made a twisting motion with the eyes as well as the neck, and then I gained a feeling of space in pelvis, especially in the left leg.

Susanna B. (58 years old, obstetric paralysis in the left arm)

- Friday: Another time I have to admit that this technique is so good, I like it because it touches all of my problems every time and every time I clear up.
- Saturday: from the beginning the biggest help has been to combine the breath or the image of light to the idea of filling the parts that I do not perceive. Every time I receive a bit more.

Milena B. (40 years old, she had an accident, a bolt of lightning came from his right ear and exited from the right foot, brain damages and surgery, hemiplegia in the right side):

- Friday: I bring home a sense of lightness and fluidity, now that I've imagined the water flowing in the "sick" arm and leg, and I feel lighter and more fluid in the walk.
- Saturday: today I managed to increase the water pressure, not only the image of the water that melts but also that supports me and I managed to stretch my fingers and press down with the "sick" leg.

Gessica D. (39 years old, hemiplegia at the right part of the body after brain surgery and damage):

- Friday: when I came here I was tense, angry, in fact, this arm (this one "sick") was rolled up on itself. I am amazed how I managed later to move this arm, more relaxed, as transformed. A feeling of lightness.
- Saturday: today is the first time that I support the heel after a very long time. This gives me balance. I felt the heel sank and I felt it also in the arm.

Marcello F.:

- Tuesday: I often feel off balance, I noticed that during the session. I started to feel better, I started to move my toes and it helps me to feel more in balance.
- Friday: I was thrilled, too good, I cannot believe it...

R. D. (woman, 35 years old, spina bifida):

- Saturday: I feel great, so relaxed, when I arrived I was a single block. We worked on my legs because they swell often, my back from the neck down are always tense, now I feel like I'm on a boat moved by water. It helped me to imagine sinking into the warm sand. I learned to feel my body, heels, the sit bones and relax myself.