

Born in Santa Monica and raised in the City of Angels. It was on the coast that I grew up as a competitive swimmer, lifeguard, and surfer. I was living in Malibu in the 1970's where my son was born. After one too many fires and mud slides I gave up the drama for the calm, laid back community of **Encinitas** in 1980.

I was a contractor in Malibu and continued my career in the building boom in San Diego, as La Costa, Fairbanks Ranch, and all of North County bustled with housing. It was a good life, until the stress and pressure's of a lifetime culminated into pain, both physically and emotionally. At that time, with much confusion and depression I was told to get "**Rolfed**." I was in Hawaii at the time, and when I returned home I found a Rolfer in Encinitas who knew all too well my pattern and story without hardly hearing me utter a word. After that first hour of bodywork I felt years lighter and younger. I knew right then that I was going to learn this method called "Rolfing" or **Structural Integration**. I am certified, and Licensed in Structural Integration, Personality Typing, Movement and Posture. I have studied Psychology and Somatic Therapy for close to 20 years with many trained Psychologists and teachers. I teach "**hands on**" bodywork to Chiropractors, Massage therapists, Yoga instructors, and Pilates instructors.

Construction and Rolfing have much in common. Both skills are about **problem solving** so that the home is plumb, level, and square, and has a proper foundation. Your body is your home for your entire life. It can be a source of comfort, joy and security, or a painful, anxious, compensating abode, with no real foundation. We come into this world whole and beautiful and feeling invincible, until one day a pain wakes us up. If the pain goes away we breathe a sigh of relief, if it gets chronic and acute we suffer and wonder how to make it go away. **Pain can be one of our best teachers!**

I spent a lot of time and money investigating both physical pain and emotional pain. I have read volumes, and sought out experts on the subject. This became and is still a passion for me. How intelligent and changeable the body is. I found out that if we process the tension and stress out of the body that our body will organize itself into a balanced and secure being. We can undo our history, if we are aware of how we got that way. We can become smart both emotionally and physically. We can quit egotistically repeating the **negative patterns** we have used, both consciously and unconsciously.

As a child I grew up in a turbulent time - the 1960's and 1970's. Drugs, music, and a fast paced world. My parents were young and ill equipped to handle all the technology and materialism that surrounded them. I grew up insecure with little wisdom, or communication offered by my parents. I did the best I could with good intentions, but that was not enough to survive relationships, working, and providing for a family. After many years, I just burned out from a lack of support, and an understanding of what my body needed. I had to focus on taking care of myself. **My body was giving me a wake up call!**

So here I am with a calm, relaxed, and joyful body. I am in no pain and feel better than I did in my 20's, 30's, 40's, or even my early 50's. I never thought I could be so comfortable and free, in both my mind and heart.

This is what I want for you, and anyone who is willing to work at the inspiring, challenging process of personal growth and health. They really go together. There is no separating of Mind, Body, and Spirit. It is my passion and goal to share my skills and knowledge to benefit you.

Michael