

Ida Rolf - Mother of Fascia



Distributor: <https://randommedia.com/>

Website: <https://motheroffascia.com/>

Facebook: <https://www.facebook.com/motheroffascia/>

Content:

Page 1	Press Release
Page 2	Synopsis
Page 3	Director's Statement
Page 4	Cast and Crew
Page 5	Production Details / Technical Specs
	Visual Assets
	Trailer and Video Links
Page 6	Reviews and Endorsements
Page 7&8	FAQs
Page 9&10	Biographical Timeline of Ida Rolf's Life and Career
Page 11	Contact Information and Social Media

Press Release

'Ida Rolf – Mother of Fascia' is a biographical documentary exploring the extraordinary life of Ida Rolf, Ph.D., and her lifelong quest to understand the role of the body's connective tissue-fascia-in human uprightness and well-being.

Born in 1896, Ida Rolf left behind a promising academic career to investigate the complexities of body-mind connections. Inspired by Nobel laureates Peter Debye and Erwin Schrödinger, philosophers Alfred Korzybski and Gaston Bachelard, movement pioneers Moshe Feldenkrais and Amy Cochran, and psychologists Wilhelm Reich and Fritz Perls, she developed her own approach to life and healing: Structural Integration.

In many respects, she is not only the 'mother of fascia' but also a foundational figure in the development of modern bodywork practices.

Fascia-the intricate connective tissue that envelops and supports every structure in the human body-has recently become a focal point in contemporary medical and scientific research. Yet it was Dr. Ida Rolf who first recognized and articulated fascia's critical role over half a century ago, long before the advent of advanced imaging technologies. Her story is an inspiration to all who seek happiness and fulfillment in pursuing their calling.

'Ida Rolf – Mother of Fascia' is currently available on Vimeo.

For interviews with producer and director Aleš Urbanczik, please email: info@motheroffascia.com.

Synopsis

Short synopsis:

'Ida Rolf - Mother of Fascia': A compelling biography of Ida Rolf, who identified fascia's vital role more than 50 years ago and laid the foundation for modern research.

Medium synopsis:

Fascia, the connective tissue supporting the body, was identified by Dr. Ida Rolf over 50 years ago, well before modern imaging tools existed. Her pioneering work revealed fascia's key role in health and alignment. The fascinating documentary *'Ida Rolf - Mother of Fascia'* celebrates her life, challenges, and groundbreaking contributions now central to fascia research and therapy.

Detailed synopsis:

Fascia—the intricate connective tissue that envelops and supports every structure within the human body—has recently emerged as a focal point in contemporary medical and scientific research. Yet, it was Dr. Ida Rolf, Ph.D. (1896–1979), a pioneering biochemist and innovator, who first elucidated fascia's critical role over half a century ago, well before the advent of advanced imaging technologies. Her ground-breaking insights into fascia's influence on posture, biomechanics, and holistic health are now being rigorously validated by modern science. *Ida Rolf - Mother of Fascia* is a compelling documentary that chronicles the intellectual and personal journey of Dr. Rolf, whose interdisciplinary approach bridged biochemistry, philosophy, and somatic therapy. The film explores her development of Structural Integration, a method designed to realign the body's fascial network, thereby enhancing physical function and overall well-being. Central to the narrative is a nuanced examination of human uprightness—contrasting the traditional militaristic resistance to gravity with a more integrative approach that encourages the body's innate capacity to find equilibrium. This exploration raises profound questions about the interplay between physical structure, mental states, and the lived experience of embodiment. The documentary contextualizes Dr. Rolf's work within a rich intellectual milieu, highlighting the influence of Nobel laureates Peter Debye and Erwin Schrödinger; philosophers Alfred Korzybski, John Godolphin Bennett, and Gaston Bachelard; movement theorists Amy Cochran and Moshe Feldenkrais; the pioneering American yogi Pierre Bernard; and psychologists Wilhelm Reich and Fritz Perls. Their diverse perspectives coalesced into the innovative framework that defines Structural Integration today. Featuring commentary from contemporary fascia researchers, psychologists, movement educators, and spiritual practitioners.

'Ida Rolf - Mother of Fascia' offers an insightful exploration of fascia's emerging significance in biomedical science and integrative health. The film invites viewers to reconsider the foundational role of connective tissue in human physiology and the broader implications for health, movement, and consciousness.

Director's Statement

I have been practicing and recently teaching Structural Integration for over 30 years. This work has profoundly influenced my life and that of my family. Throughout this time, there was little information available about Dr. Ida Rolf's life and how she developed her philosophy. Meanwhile, the importance of fascia for the human body began to be scientifically explored and recognized. Yet the pioneering role of Ida Rolf, who identified its significance more than 50 years ago, is rarely acknowledged.

'Ida Rolf - Mother of Fascia' aims to help set the record straight.

Creating a biographical film about someone with no visual material available until they were 70 is no easy task. However, there were interviews, and from these we were able to reconstruct Ida Rolf's entire life. We spent two years searching through archives and decided to use the original text from those interviews to create a voiceover, allowing Ida Rolf to essentially tell her own story.

I hope the documentary conveys the depth and brilliance of Ida Rolf's vision. She was not only a pioneer of modern fascial research and contemporary bodywork, but also embarked on a lifelong quest to inspire individuals to realize their fullest potential by enhancing the well-being of their physical structure-centered around her concept of 'Find your Line'.

This film is an homage to a true pioneer and seeks to secure her rightful place in the history of fascial research.

Cast and Crew

Aleš Urbanczik (Director, Producer, Script)

Grzegorz Oleksa and Vrubl Creative (Director of photography and Editor)

Music: Mirjam Skal

Vocals: Helena Claesson

Voice of Ida Rolf: Kari Wishingrad

Narrator: Aleš Urbanczik

Audio Recordings: Elewa Studios and Jakob Eisenbach Studio

Audio Post Production: Jakob Eisenbach

Archival Producer: Elizabeth Alice Gray

Movie Poster: Cornelia Studer

Interviewees:

- Mary Bond – best selling author and movement expert
- Rosalyn L. Bruyere - best selling author and medicine woman
- Diane Clarke - best selling author and Astrologer
- David Davis - Structural Integration instructor with 50 years of experience
- Jean-Pierre Demmerle – Ida Rolf’s grandson
- Don Hanlon Johnson Ph.D. - long-time professor of Integral and Transpersonal Psychology
- Neal Powers – Structural Integration instructor with 50 years of experience
- Gael Rosewood - Structural Integration instructor with 50 years of experience
- Dr. Robert Schleip - Director of the Fascia Research Group at the University of Ulm

The individuals featured in the film are exclusively:

- World-renowned experts in fascial research
- World-renowned experts in psychology
- World-renowned authorities in Structural Integration
- International best-selling authors
- Personal friends of Ida Rolf, Ph.D.

Each brings unique insight and firsthand experience to honor Ida Rolf’s legacy and illuminate the impact of her pioneering work.

Production Details / Technical Specs

- Runtime: 98 minutes
- Format: Digital, Aspect Ratio 16:9, Color and B/W
- Language: English
- Shooting locations: United States, Czech Republic, Poland, Switzerland
- Budget: Approx. \$100,000
- Completion date: December 2024
- Distributor contact info: Random Media, 43405 Parkway Esplanade West, La Quinta, CA. 92253

Visual Assets

- High-resolution stills: https://motheroffascia.com/Stills_Ida_Rolf_Mother_of_Fascia.zip
- Official movie poster:
 - High Res: https://motheroffascia.com/Ida_Rolf_Mother_of_Fascia_Poster.png
 - Low Res: https://motheroffascia.com/Ida_Rolf_Mother_of_Fascia_Poster.jpg

Trailer and Video Links

- Trailer 2:15min: <https://youtu.be/BBNyKp7qLO4>
- Trailer 4:15 min: <https://www.youtube.com/watch?v=3swiFaAeEKs>

Reviews and Endorsements

"What a great job! So rich in restrained detail, like all good poetry. Although I knew the outline, I learned a lot."

Tom Myers – International best-selling author

"This film is a wonderful and monumental work. It contains a wealth of biographical detail that has never been presented as one coherent story before, including Dr. Rolf's personal, professional, and intellectual trajectories. It is a great service and will stand as a key resource far into the future."

Eric Emil Jacobson, Ph.D. – Lecturer on social medicine at Harvard University

"Finally, an inspiring and factual account of the timeline and life of Ida P. Rolf brought to us in a compelling documentary. Brilliant job."

Dan Bienenfeld – Structural Integration Instructor

"Magnificent-a gift to us, to Ida Rolf's legacy, and to the world."

Mary Bond – Best-selling author and movement expert

"An amazing work-I learned so much from it despite what I already knew directly from my times with her."

Don Hanlon Johnson – Professor of Transpersonal Psychology

"A must-see for any Rolfer® or practitioner of Structural Integration. Very compelling storytelling-brilliantly organized. Anyone interested in healing theories or modalities of any kind will be absolutely fascinated by this very warm portrayal of Dr. Rolf. I imagine that very few people know anything to this depth about her unique and brilliant life."

Briah Anson – Advanced Structural Integration practitioner

FAQs

Why was Ida Rolf's work overlooked for so long?

Ida Rolf held a Ph.D. in chemistry, yet her groundbreaking studies on fascia took place largely outside mainstream medical research, drawing on fields such as osteopathy and yoga. As a result, the medical establishment paid little attention to her pioneering contributions to recognizing fascia as a vital factor in human health. In many ways, today's fascial research stands on the shoulders of this remarkable woman.

How does the film relate to current fascia research?

Current fascia research largely confirms what Ida Rolf observed and described in the 1970s, particularly regarding the plasticity of fascia, its role in body alignment, and the effectiveness of manual therapy. It is remarkable that she made these discoveries without access to modern imaging technologies like ultrasound or MRI. The film highlights how Rolf's pioneering insights anticipated many findings of today's scientific studies, underscoring her lasting influence on the field of fascia research.

What inspired the director to make this film?

Ida Rolf's pioneering-and at the time, highly radical-view of fascia's importance remains largely unrecognized by the contemporary medical establishment. One reason may be that she was not a medical doctor, and her research took place outside mainstream medicine, drawing on fields like osteopathy and yoga. Despite this, her insights into fascia's role in human health, first articulated over fifty years ago, are now being validated and expanded upon by modern scientific research. The selection of *'Ida Rolf - Mother of Fascia'* for screening at the International Congress for Fascial Research 2025 in New Orleans marks a significant and long-overdue step toward acknowledging her foundational contributions to the field.

How was archival material sourced and used?

Sourcing archival material for a biographical film about Ida Rolf was a significant challenge, as no visual records existed from her early life until she was around 70 years old. Over two years, we conducted extensive research in archives, piecing together her biography and the development of Structural Integration through documents, photographs, interviews, and written accounts. By carefully selecting and integrating these materials, we were able to clearly document Ida Rolf's life story and her path to creating Structural Integration, despite the lack of early visual material.

What is Structural Integration and why is it important?

Structural Integration is an original and increasingly scientifically validated system of body restructuring and movement education. Its approach releases the body's segments-legs, arms, torso, and more-from long-held patterns of tension and bracing, allowing gravity to realign them for greater balance and ease. Developed over 50 years of study and practice by founder Ida Rolf, Ph.D., and carried forward by her students after her passing in 1979, Structural Integration is widely known to the public as "rolfing".

The method is built on the principle that optimal posture and movement arise when the body is organized around a central vertical axis-what Ida Rolf called "the Line"-and aligned with gravity. Recent scientific research on fascia and whole-body integration is increasingly confirming Rolf's insights, demonstrating that working with the fascia can produce global effects throughout the body.

In a world where many people feel increasingly disoriented, Ida Rolf's focus on finding "the Line" is more relevant than ever, offering a pathway to greater physical and personal alignment

Biographical Timeline of Ida Rolf's Life and Career

- 1896 Ida Pauline Rolf was born on May 19 in the Bronx, New York City. She was an only child. Her father was a contractor who built peers and bridges. Her mother was school teacher.
- 1916 Graduated from Barnard College with a Bachelor's degree in Chemistry. She was active in various student organizations and received academic honors. She was invited and joined the PhiBetaKappa Society.
- 1917-1920 Doctoral studies at Columbia University College of Physicians and Surgeons. In 1920, she earned a PhD in Biochemistry under the supervision of Phoebus Aaron Theodore Levene. Her doctoral research focused on the chemistry of phosphatides.
- 1917-1927 Worked as a researcher at the Rockefeller Institute in New York, initially in the Department of Chemotherapy and later in the Department of Organic Chemistry. During this time, she published 16 scientific papers, mainly on the biochemistry of phospholipids, often co-authoring with Levene.
- 1926 Took a sabbatical and traveled to Europe, studying mathematics and atomic physics with Peter Debye and Erwin Schrödinger at the Swiss Federal Institute of Technology (ETH) and the University in Zurich and biochemistry at the Pasteur Institute in Paris. She also studied homeopathic medicine in Zurich.
- 1930s After returning to the U.S., she spent a decade exploring various health approaches including osteopathy, chiropractic, yoga. Pierre Bernards Yoga community in Nyack, NY proved to be a great influence. During this period, she began developing her approach to bodywork, which later became known as Structural Integration.
- 1940s Practiced in her Manhattan apartment, helping people with chronic pain and dysfunction using intuitive manual techniques focused on structural balance and body lengthening.
- Late 1950's Involved in the Subud community at Coombe Springs, UK, led by John Godolphin Bennett, where she met Moshe Feldenkrais; together, they developed a deep friendship as well as a spirited camaraderie and rivalry.
- 1967 At the invitation of Gestalt Therapy founder Fritz Perls, she began teaching her approach at the Esalen Institute in California, a renowned center of the Human Potential Movement. Her work quickly gained popularity, leading her to train practitioners.

1977 Published her book *Rolfing: The Integration of Human Structures*, summarizing her research and clinical experience.

1979 Passed away on March 19 in Bryn Mawr, Pennsylvania, at the age of 82.

Ida Rolf's legacy continues through numerous schools and practitioners worldwide who teach and practice Structural Integration.

For more information on Structural Integration

- European Guild for Structural Integration: <https://rolfguild.eu/>
- International Association of Structural Integrators: <https://www.theiasi.net/>

Contact Information and Social Media

- Aleš Urbanczik:  info@motheroffascia.com
 - Official website: <https://motheroffascia.com/>
 - Facebook: <https://www.facebook.com/motheroffascia/>
-  +41 78 842 33 06