



Anyone subjected to gravity can benefit from Structural Integration (SI) work.

Structural misalignment can occur as a result of stresses to the basic connective matrix of the structure due to our individual response to gravity, coupled with habits and injuries incurred through life.

Within a misaligned state, the body's resources are used inefficiently, and are strained to keep the body aligned and upright and can create a state of Dysfunctional Stability.

In addition, these stresses of daily life, physical injuries, unhealthy movement patterns and attitudes are things that can inhibit the structure returning to an aligned state.

Over time, the body will shorten and tighten to accommodate stresses, creating pain, stiffness, fatigue and lack of well-being.

Being at home...in your body.

By way of altering the physical structure of the connective tissue Structural Integration can affect the whole person on all levels- physically, emotionally., and energetically. The series provides the client the opportunity for increased body awareness and presence.

Each client will have their own individual and personal process with a wide range of effects and benefits. In general, a body that is aligned and balanced in gravity moves with more ease, efficiency and grace.

- Good posture becomes effortless
- Breathing is easier and movement fluid
- Increased levels of energy and alertness
- refined and economical patterns of movement
- Stress reduction

Collaborative Therapy

The focus of SI is an adjunct therapy that works to enhance and directly supports:

Osteopathic model of the body capable of healing itself as promoted by Dr. A.T. Still.

Physical Therapy - through collaborative consultation treatments, optimizing the person's ability to grow within the Physical Therapy program.

Chiropractic Treatments – allowing the body to accept and hold adjustments to osseous articulations with less effort by reducing fascial restrictions

- Do you need to remove barriers to move to the next level of performance?
- Do you feel limited and restricted in your movement and bearing?
- Do you have injuries that you should have moved past but haven't?
- Do you have chronic pain as your constant companion?
- Do you maintain your bearing through "dysfunctional stability"?

If you answered yes to any of these questions then a fascial approach to increase your ease "with and within" your body could help you.

Creating freedom for the client to be dynamically balanced within their body comes by:

- client education,
- intervention by directed intentional touch
- re-alignment of the restricted connective tissue of their body

In addition SI is complementary with:

Massage Therapy treatments

Pilates programs

Yoga programs

Movement programs

Sport and Recreational activities.

KMI

Tom Myers describes his work; "In a sense KMI Structural Integration can be described as Spatial Medicine."

The intent of KMI SI is to affect the person's whole structure and space and their ability to move within their given structure with respect to gravity. KMI SI is an integrated and systemized approach to manually releasing fascial restrictions of the body

KMI is a defined protocol developed and taught by Tom Myers, Rolfer™ and author of Anatomy Trains in his Kinesis Myofascial Integration KMI certification program. This KMI program is based on and expands the principles that were taught to him by Ida P. Rolf in her Structural Integration (SI) training.

Specific structural goals in posture & movement are to be achieved over a 12 session protocol as described in the following order of:

- 1) Superficial Sleeve differentiation 4 sessions
- 2) Deep Fascial Core differentiation 4 sessions
- 3) Core & Sleeve integration 4 sessions

The goal of **long-term** integrative fascial realignment is supported each session by:

- 1) The objective review of clients posture and movement
- 2) Application of deep tissue myofascial techniques and movement applied to the **Anatomy Trains**© meridian lines.
- 3) The compound effect of time operating between sessions on the fascia.



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WORK AVAILABLE

SINGLE INTRODUCTORY SESSION
TWELVE SESSION SI SERIES***
FOUR SESSION "TUNE-UPS" ***
COLLABORATIVE INJURY RECOVERY

***requires therapist assessment

Since each person presents a unique opportunity and history –each solution needs to be unique to the person. The best approach to find if this manual therapy will benefit you is to schedule an introductory appointment for a sample of the direct intentional touch, the communication and perspective of Structural Integration.

<http://www.theiasi.org>



International Association of Structural Integrators