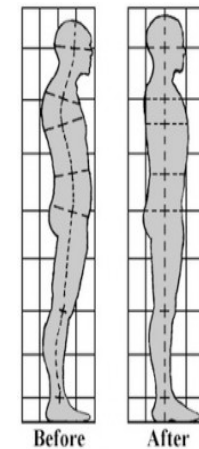


STRUCTURAL INTEGRATION

Educating The Body
Through The Body



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What Is Structural Integration?

It is really a treatment of your connective tissue.

Your connective tissue, including fascia, surrounds and permeates through your muscles, organs and bones, forming a completely connected 3-D network or fascial web. It gives you shape and form and holds you together.

Gravity shapes and influences your body throughout your life and ideally, you want your body to be working with gravity rather than against it. Your fascia is shaped by your daily activities, accidents, repetitive actions and postural habits. As your body attempts to support itself in gravity, so the fascia can become shortened, twisted or bound down. It can therefore, support or restrict the activity and movement of your muscles and bones and can even restrict breathing and organ function. Over time, these changes in your fascia can become part of your body pattern and posture without you being aware of it.

Fascia will spread tension from one place through the rest of the body and it is for this reason that Structural Integration comprises 12 sessions that progressively treat the whole body. The part of your body that hurts is not necessarily the cause of the pain. It may be bearing the brunt of a misaligned body in gravity.

Structural Integration may seem similar to a deep tissue massage as I use my hands on your body. However, my hands contact the deeper layers of fascia and not just the muscles. The intent is different and you will feel the difference as we progress.

Can Structural Integration Help?

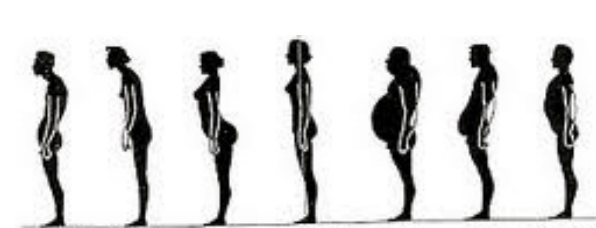
Structural Integration can help a broad range of people and conditions and could specifically help with neck and shoulder pain, back pain, hip and knee pain, ankle problems and chronic aches and pains.

Clients usually find that their condition(s) have improved or even disappeared after the 12 sessions.

The aim is to ease the shortening and binding in your connective tissue, enabling your muscles to move to and then stay in their new positions, providing you with an ease and fluidity of movement, allowing your body to work with and not against gravity. This provides a new framework underlying your posture, movement and breath.

Clients often report feeling 'freer', 'lighter' and 'uplifted' after treatments, often just feeling 'better in themselves', with increased body awareness or 'generally happier'.

The best thing is that your new alignment simply becomes part of who you are and not something you have to consciously work at.



These bodies have to work harder to support themselves in gravity. E.g. a head (weighing between 8-12lbs) jutting forward will need to be supported by the neck and back, leading to compensations elsewhere in the body.

Is This the Right Treatment?

Why not try the first 3 sessions? This will allow you to experience the treatments and then make an informed judgement about continuing.

What to Expect

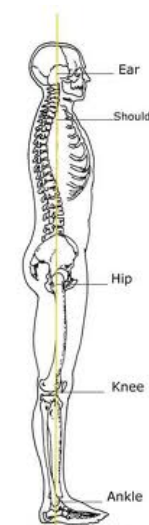
Structural Integration usually requires 12 sessions to treat the whole body.

It is better to have sessions at 7 to 14 day intervals to allow the body and mind time to process the changes that are occurring.

Treatments last up to 90 minutes, but can vary, as they are designed to address you and your needs.

A visual assessment is carried out with you at the beginning of each session. This is best done in your underwear, but your comfort is most important, so there are alternatives.

Sessions are normally done on a treatment couch, but sitting and standing are also common.



Perfect posture - the head is aligned over the shoulders, over pelvis, over knees, over feet. Gravity should have a minimal effect on the body.

What is KMI (Kinesis Myofascial Integration)?

KMI is a form of Structural Integration that was developed by Tom Myers, who was taught by Dr. Ida. P Rolf before her death in 1979.

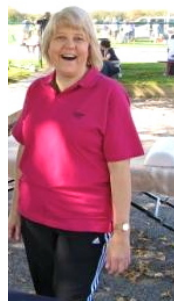
Dr. Rolf was a biochemist who studied osteopathy, chiropractic and yoga to help her own and her family's health problems. Her philosophy was that if the body was properly aligned in gravity then it would be able to function efficiently. She called her own work Structural Integration.

Tom Myers, with the advantage of modern research into fascia and connective tissue, has been able to expand and develop Structural Integration into KMI. KMI is based around the "Anatomy Trains Myofascial Meridians", a concept developed by Tom Myers, which explains how the body is connected through fascial planes. See www.anatomytrains.com for more information about the 12 series and fascia.

KMI Structural Integration concentrates on doing deep, lasting and significant work with anatomical precision. This is blended with movement and sensitivity to the unfolding individual experience.



About Ros Ivison



I initially trained and worked as a nurse within the NHS, specialising in renal nursing. I then gained a BSc in Therapeutic Bodywork from the University of Westminster, followed by Structural Integration training with Kinesis UK, in Oxford. I am a Certified

Structural Integration Practitioner, providing either the 12 or a 3 Series of Sessions. I am a member of the International Association of Structural Integrators (IASI) and the Institute of Sport and remedial Massage (ISRMS). I have full professional indemnity insurance with Balens.

My Practice

My practice is located in Down Ampney, six miles outside Cirencester.

Structural Integration (KMI 12-Series) £780

Structural Bodywork (KMI 3-Series) £195

One Bodywork Session £ 65

(Please note that all sessions last 90 minutes)

Further Information

For further information on anything contained in this leaflet, please visit www.cotswoldbodywork.co.uk or www.cotswoldkmi.com.