



THE NEWSLETTER OF KINESIS, INC • SEPTEMBER 2008

KMI is coming to Toronto!

Kinesis Myofascial Integration (KMI), our 500-hour certification in Structural Integration, is coming to Toronto in the spring of 2009. KMI has emerged among the world's premier trainings in SI, and this will be the first time the training is offered in Canada. A dynamic structural therapy evolved from the work of Dr. Ida Rolf, KMI constructs the structural integration "recipe" via the Anatomy Trains Myofascial Meridians. KMI brings clarity, depth and gentle effectiveness to your practice of creating lasting structural change.

We are especially happy to be able to combine our experience in training with the excellent background that Canadian massage practitioners, physiotherapists, and chiropractors bring to the table. We look forward to initiating you into a lifetime's productive work in "Spatial Medicine" -- changing people through changing inner shape -- an education where you can explore your art, develop your craft, and appreciate the science behind them both.

KMI consists of three parts for a total of 500 hours. Part I begins on March 10, 2009.

Download a copy of our [brochure](#), available at our [website](#), where you can learn about [KMI trainings](#) and [Anatomy Trains](#) courses. Registration for KMI Toronto is available at www.yogaspirit.com or at 416 529-3939. The [application form](#) can also be downloaded.



In this issue:

[KMI is coming to Toronto](#)
[Join us in Arizona!](#)
[Advanced Training in Maine](#)
[Tom to "appear" at World Massage Conference](#)
[Faculty Focus: Carrie Gaynor](#)
[Trauma Conference with Jim Oschman](#)



Layna Cirelli

Join us in Arizona

[The AMTA national convention](#) is in Phoenix this year, September 17 - 20, 2008. Kinesis will be there in connection with the [Arizona School of Integrative Studies](#) (ASIS). Look for the booth if you are going to be there, and say hello to our teacher, Layna Cirelli, and practitioner, Kathleen Mary who will be staffing the booth.

Tom Myers will be presenting [Clinical Strategies for Soft-Tissue Work](#). This is a 4-day course scheduled for February 6-9, 2009 in Clarkdale (Sedona area), Arizona also sponsored by ASIS. We hope to bring together professionals from various modalities for a "pattern recognition" course offering more BodyReading technique than hands-on. Space is limited to register early to avoid disappointment!

A [KMI training](#) in the same area will be starting in November 2009. As we have not been in the Southwest since 2005, we are rather excited to return! Start talking with your colleagues to spread the word about registering for KMI Arizona.

Advanced Training in Maine

Eleven KMI practitioners joined us in August to complete the first KMI Advanced Training Part III (KAT). Of these, six made it through all three phases to achieve "Advanced" status. Congrats to Thadd Dudrey, Michael Duray, James Earls, Sandra Hayner, Harry Kramer, Simone Lindner and Jeremy Pearcey!

We have already set the schedule for next summer's program in Walpole, Maine:



The Kinesis Advanced Training class

- **KMI Reunion: (August 1-2, 2009).** It will be two years since our last gathering, which was quite a bash. Come experience the beauty and serenity of the Maine coast in August to join us for various presentations an unforgettable lobster bake. [Details.](#)
- **KAT I: Dancing the Lines (8 days: June 14-22, 2009).** A review of the 12-series: see what you missed, open your vision to new ways of seeing the KMI 12-series recipe and get some work yourself. Additionally, this course includes more movement application, which applies to self-help and client homework. [Details.](#)
- **KAT II: Clinical Practicum / Problem solving (6 days: August 3-8, 2009).** Apply KMI in the day-to-day practice of sorting out pain and dysfunction problems. Let us know if you have a problem client you'd like to bring, or models will be supplied for you. This course concentrates on particular common shoulder, hip, foot, and neck problems that you are likely to see every week. [Details.](#)

- **Coordinating Peripheral Nerves (3 days: July 28-30, 2009)** with Christoph Sommer and Pilar Martin. This workshop teaches the basics in peripheral nerve manipulation according to the work of the originator of Visceral Manipulation, Dr. Jean-Pierre Barral. Additionally, this workshop will combine Barral's manual therapy for the peripheral nerves with Herbert Godard's work on perception. Come explore a new dimension of rehabilitation and your own proprioception, enhancing both your own and your clients' plasticity. [Details](#).
-



Tom Myers

Tom to speak at World Massage Conference

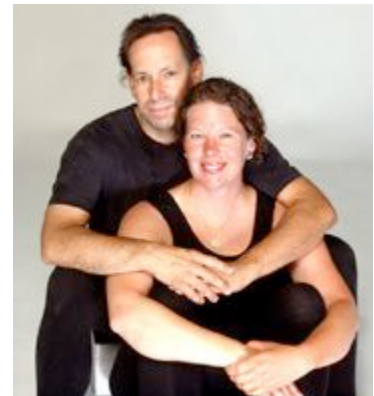
I want to tell you about the World Massage Conference, happening on the phone and on-line over November 17 - 22, 2008. I will be speaking on the Anatomy Trains and how we recognize patterns in clients and what to do about them. Over 8000 people have already signed up for the event, which includes Leon Chaitow, Bonnie Prudden, John Upledger, Marion Rosen, and a host of other therapeutic luminaries.

It seems pretty versatile, in terms of how you can participate. You might want to check it out. Link to my audio postcard: <http://audiopostcard-007.com/Y.asp?10137251X1166> Link to the program: <http://www.worldmassageconference.com/details>

Best wishes, Tom

Faculty Focus: An Interview with Carrie Gaynor

Carrie Gaynor teaches Anatomy Trains and KMI courses using a unique teaching philosophy acquired during her nursing education at the University of Rochester. The "Unification Model" is a teaching/learning theory that blends teaching, research and clinical practice together. "It is a cyclical model," Carrie explains, "with each segment informing the other." The Unification Model ensures that academic knowledge and applied knowledge meet and unfold into a unified experience.



Carrie Gaynor and her husband Mark Sandler

During her career as a registered nurse Carrie had taken workshops with Tom Myers but it was not until after she had extensive knee surgery and found she wasn't recovering that she sought structural integration. "I got Rolfed by a classmate of Tom's who had also studied with Ida Rolf. After the sixth session I knew I had to learn this work."

Carrie became certified in KMI in 2003 and joined the Kinesis faculty in 2006. Now she divides

her time between a thriving KMI practice, teaching Anatomy Trains, and Co-Directing [ABSOLUTE Yoga & Wellness](#), with her husband Mark Sandler. While at home, Carrie teaches nine yoga classes weekly that span from therapeutic Back and Foot Care, to Gentle Yoga to TriYoga Flow classes. Carrie shares that "Anatomy Trains informs my teaching significantly."

When asked what it is like to travel to far-flung cities to teach Anatomy Trains classes, Carrie replies without hesitation. "I love meeting people. Every class is unprecedented and always diverse. The atmosphere is always challenging, and there is always an informative teaching and learning edge. Anatomy Trains makes anatomy relevant to people from all walks of life."

Carrie is also a frequent contributor to the [Forum](#) on the Kinesis website where she is able to share her love of learning with others in various stages of their education in bodywork and structural integration.

On a personal note, Carrie and Mark parent two teenagers. Carrie enjoys long-term loves of Yoga, athletics, gardening and quiet time.

Trauma Workshop with Jim Oschman

The 4th IMUNE International Conference, Cancun, Mexico, November 21-24, 2008.

I am very excited about this conference on TRAUMA, and want to be sure you know about it.

Trauma - Physical & Psychological - with expert presenters, including:

- Dr James Oschman www.energyresearch.bizland.com
- Deane Juhan <http://www.jobbody.com/>
- Dr Robert Bray www.rlbray.com
- Dr Zulia Frost M.D. www.interxclinic.com

I am encouraging everyone to attend this IMUNE (International Medical University of Natural Education) event because energy medicine is natural medicine, and because this organization is an important source for discussion and education in powerful techniques.

Trauma is a key issue for all therapies, and this conference is the place to find out about the very latest discoveries. Conference web page: <http://www.imuneseminar.com/>

For more information, call (877) 850-6672 or contact:

Sue Rado, Liaison/Conference Organiser

IMUNE Budapest, Hungary

suerado@imuneseminar.com

Tel: +36 1 303 6043 extension 341


Fax: +36 1 210 9340

Kinesis, Inc. • 318 Clarks Cove Road • Walpole, Maine 04573
info@anatomytrains.com • 888 546-3747 • 207 563-7121 • Fax 207 563-7123

This email was sent to **[email]**. To ensure that you continue receiving our emails, please add us to your address book or safe list.

[manage](#) your preferences | [opt out](#) using **TrueRemove**[™]

Got this as a forward? [Sign up](#) to receive our future emails.

powered by  **emma**