



Kinesis Myofascial Integration

# Training Catalogue

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## KMI Structural Integration Training Catalogue

Unwrap your Presence



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Kinesis, Inc.  
318 Clarks Cove Road  
Walpole, ME 04573  
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1-888-Kinesis (888-546-3747)  
207-563-721  
[www.AnatomyTrains.com](http://www.AnatomyTrains.com)  
[workshops@AnatomyTrains.com](mailto:workshops@AnatomyTrains.com)

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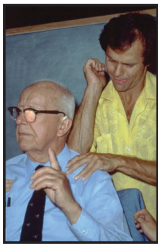
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# The Background For KMI

KMI, Kinesis Myofascial Integration, is a unique approach to improved biomechanical function via soft-tissue manipulation and movement education. Based primarily on the pioneering work of Dr. Ida P. Rolf, KMI also partakes of the movement explorations of Moshe Feldenkrais, Judith Aston, and Emilie Conrad – developmental movement patterns, biomechanical efficiency, and exploratory movement - as well as principles of resonance inherent in the European approaches to cranial and visceral osteopathy.



The KMI Structural Integration method relies on the property of plasticity in both our connective tissues and our neural patterning. Such patterns arise from our long-held habits, the follow-on from our injuries, and the expression of our attitudes. KMI uses deep touch and client engagement to discharge accumulated tensions, unwind fascial binding, and introduce new, more straightforward movement patterning.



Applying the concepts of tensegrity geometry developed by Buckminster Fuller to the bones, muscles, and connective tissues, KMI seeks an even toned balance across the myofascial system, which allows for optimum physiology for both artery and nerve, the organs within their cavities, and efficient skeletal alignment.

KMI is usually done as a series of about a dozen sessions, undertaken over a period of several months. In other words, it is a project, with a beginning, middle, and an end. KMI is not designed as on-going therapy, and works best with a short period of intense work followed by a longer period without SI work. This allows the time necessary to integrate and “own” the changes brought about during the Series through your own movement.

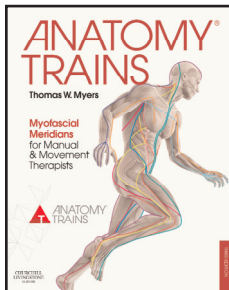
The KMI Series unfolds logically, based around coherent meridians of myofascial connection – each session opening and balancing a different set of connected tissues. Following the principles enunciated by Dr. Rolf, KMI practitioners use a wide vocabulary of touch to evoke and restore the natural balance, awareness, length, and ease in each client’s structure.

# The Background For KMI, Cont'd

Training in KMI requires a strong commitment to the principles of true integrative systemic healing (as opposed to the quick symptomatic fix), toward on-going self-discovery, and to learning an art, science, and craft that is still in active development.

KMI training provides an open-inquiry learning environment, where other methods and approaches are respected, ideas are freely discussed, the emotional aspect of learning is honored, and individual approaches to learning and working are encouraged.

KMI was originally evolved by Rolfer®, author, and anatomist Tom Myers. A student of Dr. Rolf's, Tom Myers first developed the Anatomy Trains as a method of teaching “connected anatomy” to students at the Rolf Institute. Realizing that the Anatomy Trains model presented an accessible, highly sensible way of addressing the complexities of human movement and postural patterning, Mr. Myers started offering Kinesis Myofascial Integration (KMI) trainings in 1998.



The Anatomy Trains book (Elsevier, 3rd ed, 2014) has sold over 100,000 copies since 2001 and is available in 12 languages. Widespread adoption in Anatomy Trains map has fueled worldwide interest in the manual application of Anatomy Trains - the 12 sessions of KMI, which are outlined in Appendix 2 of the book. To date, around 20 KMI trainings have graduated more than 400 practitioners in the USA, UK, Europe - and now Australia. Trainings are held depending on demand.

The KMI school has grown over the past decade, and a dedicated faculty now help provide quality education in structural integration basic training as well as a full program of continuing education for practitioners of the somatic arts.

# Kinesis Vision Statement

Kinesis, Inc. was formed in 1994 as a corporate vehicle for encouraging and disseminating the seeds of a new relationship to our bodies.

“Kinesis” is coined from the Greek, meaning “guided movement”. The rapid proliferation of our modern world has led to a relatively unnoticed impoverishment of a potentially rich source of information – the wisdom contained within our body. Proper use of the body, which includes the ability to listen to its messages, not only reduces structural pain and degenerative suffering, but it also prolongs active participation in life for our aging population, deepens the wellsprings of intuition in the young, encourages autonomous, true maturity, and provides the basis for a “biology of democracy.”

In an increasingly somatically alienated world, true “physical education” is going by the boards. In a world where surfaces, interfaces, and social constructs are ever more man-made, conceptual, orthogonal, sedentary, voyeuristic, and generally artificial, the whispered pleas of the natural body are increasingly drowned out by the squawking of our collective “monkey mind.” Kinesis celebrates the wisdom of the body and the inherently joyous felt-sense generated by our moving ever deeper toward a complete inhabiting of our physical self.

Kinesis seeks answers to the living question: How do we balance and honor the essentially “neolithic” soft animal of our body in an excitingly electronic, speed-of-light, “Spaceship Earth” world? How can we best come to know, love, cherish and employ this soft animal in a world that is now formed, for better and for worse, so much by the abstractions of our species?

Kinesis is dedicated to providing opportunities for such deeper explorations of the inherent somatic wisdom that is our birthright, with therapeutic and educational processes to support a social trend back toward reliance on inner feeling.

We see major opportunities to change minds, hearts, and bodies via:

- Promotion of common principles within the many ‘somatic arts’
- A renaissance in culturally-relevant physical education
- Deepening of the principles in what is now called ‘exercise’ and
- Educating parental involvement with infant and child movement,

In order to support these opportunities, Kinesis provides quality courses and educational materials for hands-on therapists and movement educators of all types, designed to improve the completeness of their vision, and allowing them to build on systems-oriented (as opposed to reductionist and mechanical) views of the body and its inner workings.

In addition to our work in the classroom, Kinesis also offers books, videos, webinars and other learning tools that promote somatic and kinesthetic sensitivity, and seeks opportunities to share our ideas and practices through speaking and teaching engagements worldwide.

# Kinesis Inc.

## **Kinesis Myofascial Integration (KMI)**

is a professional certification program  
of Kinesis Inc.

### **Office:**

Kinesis Inc.  
318 Clarks Cove Road  
Walpole, ME 04573

### **Classroom:**

Zahner Studio  
180 Clarks Cove Road  
Walpole, ME 04573

### **Phone:**

888-546-3747  
207-563-7121  
866-385-9977 (Fax)

### **Email:**

[workshops@anatomytrains.com](mailto:workshops@anatomytrains.com)

### **Website:**

[www.AnatomyTrains.com](http://www.AnatomyTrains.com)

**Thomas Myers**, CEO and Director of Kinesis Inc.

**Lou Benson**, Director of KMI

**Stephanie Stoy**, Director of Continuing Education

# Experiencing KMI Sessions

KMI sessions can be used to resolve particular problems in an integrated way or as a “tonic” for your posture, movement, and what used to be called “carriage” - how you carry yourself through the world. Your body is your most proximate and valuable tool - how do you use it? KMI can be seen as an intensive but finite course in re-acquainting yourself with your body in stillness and in motion - whether you are a finely-tuned athlete, a computer-bound couch potato, or have one foot in each of those worlds.

Most of us have collected patterns of extra tension through the course of our lives - either from injury or surgery, imitation of our parents or heroes, repetitive activities, or attitudes we've acquired along the way. These injuries and tensions form recognizable patterns in our posture and “acture,” Moshe Feldenkrais’ wonderful word for “posture in action,” or patterns of motion.

While exercise, and our mother's nagging to “Stand up straight!” may help, most of this patterning happens below our conscious awareness and for better or for worse, becomes part of “who we are.” These patterns become inscribed into our muscular tissues and skeletal form by way of the tissues that most tangibly define and determine our physical shape – the connective tissues. The connective tissue system is the “organ of form,” as it is the system that connects and organizes all body systems. Understanding the anatomy and condition of these connective tissues – largely unexplored until a few decades ago – is key to unraveling and transforming these patterns.



*The essential goals of the KMI approach are to free the binding and shortening in the connective tissues – what we refer to as the “fascial network” – and to re-educate the body in more balanced, efficient and energy sustaining (as opposed to energy-draining) patterns.*

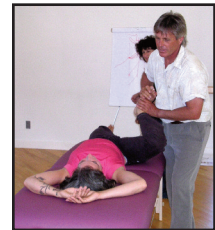
This process happens over a series of sessions. The KMI process has 12 separate and progressive sessions, although the actual number an individual might personally need may vary a bit. To begin these sessions, your KMI practitioner will talk over your history and help you set realistic goals for the process. He or she may take pictures of your body posture to have a visual record of where you started and may examine your postural pattern with you in front of a mirror.

# Experiencing KMI Sessions, Cont'd



Most KMI sessions are done with the client in underwear or a bathing suit. (Client comfort is paramount, but we need to be able to get directly to the tissues that are restricting the free flow of movement.) Much of the session work is done on a treatment table, though some of the work will likely be done sitting or even standing.

Your practitioner will contact specific tissues with fingers, hands or forearms and ask you to move, thereby softening, opening and freeing restricted tissues, encouraging them back to a natural place in accord with your body's inherent design. KMI practitioners are trained to sensitively monitor and moderate the physical and emotional intensity inherent in SI work, through the arc of each session and the full Series.



The sessions progress through the body: the first four sessions are generally more superficial, freeing the tissues on the front, back, and sides of the body, and freeing your shoulders and arms from binding to the trunk. These sessions cover the Superficial Front and Back Lines, the Lateral Lines and the Spiral Line.

The middle four sessions address the “core” of the body, working into and through the deep myofascial connections primarily responsible for stabilization via the Deep Front Line. Session 8 is the peak of this segment in the Series, and unless contraindicated, includes intra-oral and intra-nasal work.

The last four sessions integrate “core” and “sleeve,” anchoring the improved sense of ease, balance and vitality gained throughout the first 8 sessions into your everyday movement habits. This will also be the time to bring attention to any specific injuries or chronic musculoskeletal issues you may have brought to the table. When the Series is complete, we hope you will take with you a lasting and progressive change that will echo throughout the rest of your bodily life.

Most people undertake the sessions weekly over the period of a few months, although they can be compressed into a few weeks, if necessary, or stretched over six months or so if you prefer. It is beneficial (though not required) to have the earlier sessions closer together and the later sessions more spread out.

Although the benefits of these sessions vary widely from person to person, most people report greater energy, greater efficiency and less pain involved in movement and a generally more open and positive attitude toward the world. The performance-oriented can look for improved functional abilities. For the person engaged in normal activities, a new “spring in your step” sums up the typical outcome nicely.



# Becoming Certified In KMI

Training in KMI is a fun, enriching, and challenging commitment. KMI training has three progressive parts, spread out over the course of about 10 months, totaling 54 days of training (540 hours), including outside academic and clinical practice work. It is possible to take each part separately, depending on available space.



You will emerge with both a new set of skills and the means for a lifelong and worthwhile exploration of human change - your own and everyone who graces your table.

Successful completion of the KMI training qualifies you for membership in the International Association of Structural Integrators (IASI), the professional association for Structural Integration practitioners.



KMI promotes a wide vocabulary of touch and movement skills in the service of ease, balance, length, and a complete body image for our clients.

KMI training brings together the finest anatomically specific visual and touch skills with instruction in creating clear strategies for multi-session protocols, in an open-inquiry learning environment. This training combines old-world craftsmanship with 21st century delivery of SI work, presented by experienced masters of the art, science and practical application.



## Qualification and Prerequisites

Manual therapists and movement-training professionals are invited to join the KMI training.

### **Anatomy Trains Introductory Course:**

Before entering Part 1, all applicants must have attended an official, approved Anatomy Trains for Manual Therapists course.



### **Receiving KMI or Other SI Work:**

One of the best ways to know if this work is for you is to receive a series of SI sessions. Unless an exception is made\*, all applicants must receive the KMI 12-series (or other SI 10-series) before beginning the training. We require written confirmation of the completion of your series from a certified SI practitioner (e.g., KMI, Rolf, IPSB, Hellerwork, Core, etc.) by the start of Part One.

\*If you live in an area where there are no SI practitioners, or you are unable to receive a series of SI work prior to beginning your training, you will be responsible to set up appointments and receive a full Series during the first 2 parts of the training. We will help you connect with a local SI practitioner near your training site. Every student must complete an SI Series prior to the start of Part 3, no exceptions.

### **Application Form:**

All applicants must submit a photo along with a completed Application for Admission (available from our website or office). Copies of your diplomas/certificates of graduation from a massage school or other training and your state license (if licensing is required in your state of practice), are also required.

### **Massage Therapists and Bodyworkers:**

Certification in a profession of manual therapy, including DO, DC, RN, PT, OT, or MT, is sufficient background for training in KMI. We strongly recommend that students have at least 3 years' hands-on experience, but exceptions may be made for applicants with extensive experience in related fields.

### **Movement Therapists:**

Acceptance for those with a strong background in yoga, dance therapy, athletic training, somatic arts, or other movement-based training, as well as for those who do not yet have 3 years' professional experience in manual therapy, will be considered on a case-by-case basis. These Applicants will need to speak with our Director of Education, and may also be required to meet with, be evaluated by and possibly receive tutoring from one of our practitioners before being accepted to the program.

### **License to Touch:**

If a License to Touch is required in the jurisdiction where you intend to practice, please submit a current copy of your license with your application.

If a license to touch is not required in your jurisdiction, OR if SI practitioners are exempt from the laws governing massage therapists and bodyworkers in your jurisdiction, please submit a statement to that effect with your application.

Students who are not already in compliance with their state's licensing laws undertake the KMI training with the understanding that certification as a KMI practitioner may or may not fulfill any of the requirements for licensing in their state of practice. We will certainly provide transcripts; however, researching a state's licensing requirements and obtaining a license to touch (if needed), is the student's sole responsibility.

## Credit for Previous Education

Kinesis will review previous education and training but are not required to grant credit for previous training. A detailed transcript and course curriculum must be submitted.

## KMI: A Three-Part Training

The entire KMI training of 54 days (equaling 6 sessions of either 8 or 10 days each) is offered in 3 Parts (Part I “Structural Vision,” Part II “Structural Strategies,” and Part III “Structural Integration”) over a period of 9 months to a year. KMI trainings are typically offered in Walpole, Maine and 1 or 2 other U.S. locations each year. Trainings are also offered periodically in Canada, Europe, the U.K and Australia.

Ideally, students go through the entire KMI training in one location with the same group. In the event of a student dropping the program between parts, the student may resume training with another group so long as there is space available\*. If less than 2 years has elapsed before the student returns to the Program, we require that the student repeat the last section taken before dropping, with a 50% tuition break for the repeated section.

If more than 2 years has elapsed, the student must repeat their last Part attended at half tuition before continuing to the final sessions..

\*NOTE: Students who drop and wish to resume the training within 2 years do so with the understanding that a place in a future training cannot be guaranteed, and is offered as soon as (but only if) space is available in another class. Kinesis will help students in this situation to enroll with other groups, but the risk is unavoidable. If more than 2 years elapses before a space becomes available to pick up where the student left off, the student must begin the full training again.

## Class Descriptions & Training Process 540 hours (486 hours of which are in-class)

KMI trainings are intensive adult education. Come prepared to work in class, study at night, and with life's decks cleared. A certificate of completion for Parts I, II, and III and a diploma at graduation are provided. Certification in Structural Integration, as well as website and directory practitioner listing are dependant on completion of all work

### **Part I ~ Structural Vision 75 hours**

- A coherent philosophy of manual therapy
- Spatial medicine and personal development
- Fascial Physiology
- KMI Bodyreading vocabulary and practice
- KMI system logic: Fascial planes and Myofascial Meridians
- Physiology of emotional release
- Detailed 3-d anatomy of the spine and neck
- Integrative techniques for the spine and neck

One Session: 4 days on, 2 days off, 4 days on  
72 hours in class, 3 hours out of class practice

#### ***Part I Assessment***

*Quizzes on Anatomy and Kinesiology  
Manual work assessment*

*Admission to Part II is based upon:*

- *anatomy knowledge assessed by quizzes*
- *"touch checks" by teachers receiving a technique from each student*

### **Part II ~ Structural Strategies – 174 hours**

- Designed to Move – 3-D anatomy and kinesiology
- Extensive Bodyreading practice
- Tissue and movement assessment
- Emphasis on safe, effective body use
- Myofascial technique immersion
- Supervised instruction in a KMI 3-session series

Phase 1: 4 days on, 2 days off, 4 days on  
Phase 2: 4 days on, 2 days off, 4 days on  
144 hours in class, 30 hours clinical practice

Each session is scheduled in consecutive months.

#### ***Part II Assessment***

*Quizzes on Anatomy and Kinesiology  
Review of client session notes  
Manual work assessment*

*Admission to Part III is based upon:*

- *minimum passing score of at least 70% on quizzes*
- *passing grade on client session notes*
- *"touch checks" of the 3 series practised on teachers*

Academic Assignment between Part II and III:

- 2 Anatomical essays due before starting Part III

### Part III ~ Structural Integration – 291 hours

- Supervised instruction in the 12-session KMI series
- Full spectrum clinical application
- Practice starting and building
- Holistic development of the human spirit

Phase 1: 6 days on, 2 days off, 4 days on

Phase 2: 5 days on, 2 days off, 5 days on

Phase 3: 4 days on, 2 days off, 6 days on

270 hours in class, 21 academic hours

Each session is scheduled in consecutive months.

#### **Part III Assessment**

*Quizzes on session strategy, anatomy and kinesiology*

*Review of client session notes*

*Overview essay*

*Presentation*

*Manual work evaluation*

- *passing grade of at least 70% on quizzes*
- *passing grade on 2 anatomical essays*
- *passing grade on overview essay and presentation*
- *“touch check” of the 12-series practised on teachers*

### Evaluation and Certification Details

In order to build a group of colleagues who successfully practices KMI and contributes to its development, KMI Certification is a rigorous course on several levels, including academic.

**Academic evaluation:** To be certified, each student must complete:

#### **1. KMI Series Overview**

To demonstrate understanding of the Series, each student must write a 3-10 page paper summarizing his or her KMI experience that includes an overview of

- the student's experience as both recipient and practitioner,
- key KMI concepts, strategies and anatomical structures, and
- the flow of and relationship among the sessions.

The student's *response* to what was learned is critical.

#### **2. Essay Questions**

Each student must write a 2-4 page typewritten essay on any two of seventeen choices of subject. Students may also submit other ideas for one essay to the lead course instructor for approval.

Both access to facts and interpretation in terms of structural/postural/movement issues will be assessed.

- i. Foot
- ii. Lower Leg
- iii. Thigh
- iv. Hips
- v. Pelvis
- vi. Diaphragms
- vii. Trunk
- viii. Respiration
- ix. Circulation

- x. Shoulders
- xi. Cervical
- xiii. Neural Control
- xiv. Neuro-Muscular Reflexes
- xv. Autonomic Response
- xvi. Whole-System Anatomy
- xvii. Tissue
- xviii. Postural Patterns

Formal footnotes and source citations are not necessary, but careful documentation of sources is expected.

### **3. Session Notes**

Each student must keep and turn in notes on all in-class practice sessions, including the visual assessment form provided for each session.

### **4. Quizzes**

These are straightforward check-ups on myofascial anatomy, kinesiology, and session strategies and goals. We do not believe quizzes should be nitpicky or tricky. We want to make sure our students understand the material and its vital role in undertaking an SI practice.

### **5. Working with the Instructors**

Although students are encouraged to work on and with instructors throughout the course, a formal evaluation of touch skills is required to graduate. Instructors will be looking for quality of contact, efficacy in contacting and moving tissues, skills in client movement cuing, empathy, body use, vocabulary of touch, and familiarity with key anatomical structures.

### **6. Class Presentation**

Each student will prepare a presentation (15 minute maximum) for the class. Presentations will be given during the last week of Part III. This is a talk about KMI as if to prospective clients or to some specific group (e.g. sports club, yoga class, medical group, senior center, etc.) of your choice. The goal is to use this time to talk about (present) your work in the way you imagine it taking shape in your practice. Any kind of visual aids may be used. The ability to talk about the work in an engaging, professional manner is nearly as important to each student's professional success as is the actual practice. Class Presentations provide a unique opportunity to get feedback from your peers in a friendly, supportive atmosphere. Who else is going to clap harder when you are brilliant or tell you when you have spinach in your teeth ☺ ?

### **7. Standards of Progress**

Students' progress is assessed for the following categories. Failure in any one of these may be grounds for probation and remedial assignments and/or dismissal.

- Anatomy knowledge
- Development of client session strategies
- Postural assessment skills
- Manual technique skills
- Emotional maturity/professionalism
- Class participation

A minimum passing grade of 70% is required on quizzes. Academic coursework including Session Notes, Essays, Presentations, and Postural Assessment/Manual Technique Skills evaluations are graded on a Pass/Fail basis. If remedial work is required, which may consist of studying anatomy or practicing manual skills with a teacher, assistant teacher or designated KMI graduate, a re-test or review of revised written materials or 'touch check' of manual skills must be completed prior to the start of the next session. Progress reports and timelines for assignments will be provided to students and retained as part of the student's permanent record by Kinesis.

If the student is still lacking the required passing grades / manual assessment approvals at the conclusion of Part III, they will not receive a diploma or be permitted to list themselves as a practitioner in the Kinesis directory, with IASI, or in their practice. They will be given 6 months to re-test and/or be re-evaluated for manual skills with one of the KMI faculty.

## Evaluation and Certification Details

Students are encouraged to consult with the instructors at any time they wish with regards to their progress.

*Certification as a KMI Practitioner is dependent upon completing these six requirements, as well as competence and maturity in practicing the work in class.* Certification may be withheld pending such completion. There is an administrative charge for written work turned in after the completion of class.

### **Manual Technique Evaluation**

In addition to the academic work, to be certified, students must be able to deliver a competent structural bodywork series, as demonstrated during the overall class by:

1. The ability to describe relationships in the body on the basis of a visual assessment (bodyreading), build an overall picture from these relationships, and structure a session or series strategy based on that picture,
2. A wide vocabulary of touch tools which are applied appropriately to differing situations,
3. Professional demeanor with regards to appearance and timekeeping, and emotional maturity in dealings with models, classmates, and teachers, and finally,
4. The student's work on the instructors. This is a valuable tool for student feedback and for instructor assessment. It is recommended that students take advantage of this throughout the course. There is no better way to help with application of the work, body use, and depth.

As a KMI graduate, you may re-take any portion of the training for half the tuition if space is available; priority is given to new qualified candidates applying for the complete training.





# Continuing Education



Once certified, a number of avenues are open for continuing education within the field. Kinesis encourages KMI practitioners to explore any of the multiple fields related to KMI Structural Integration, including the martial arts, Feldenkrais, the Alexander technique, Aston Patterning, Continuum, Yoga, Pilates, personal training, cranial osteopathy, visceral or neural manipulation, or body-centered psychotherapies.

In addition, there are many ways to continue to explore the field of Structural Integration itself:

## IASI



The International Association of Structural Integrators is the professional association for this field, and offers a wide variety of CE courses from the dozen or more approved SI schools, of which KMI is one. See this expanded list of offerings once you graduate at <http://theiasi.net>.

## Movement

Movement awareness exercises, touch and movement cueing are strongly integrated aspects of the KMI training. There are many fine movement trainings offered (or sponsored) by KMI and other schools (Aston Patterning, Continuum, Feldenkrais, Alexander, Tai Chi, etc.), available to KMI graduates who wish to further explore any variety or combination of movement practices in developing their work.

## Manipulation

Kinesis offers multiple “master classes” in manipulation around the country and occasional longer courses to cover particular areas or concerns. These can be found in the course listings on our website, and you may sign up to receive email updates of upcoming events.

Kinesis also “imports” teachers for specialty manipulation courses (e.g. Rolfers Christoph Sommer and Pilar Martin for Visceral Manipulation courses, Jon Martine for Neural Manipulation, Sharon Hancoff for Scar Tissue Release, etc.). These courses are also listed on our website and the IASI website.

Although Kinesis does not offer a specific cranial osteopathic training, we support these skills as an important part of the skill set of the experienced KMI practitioner. Although Upledger courses are adequate as a starting ground, we recommend either a training based around the Biodynamic model – a la Tom Shaver, Michael Shea, or Franklin Sills, or the exquisitely sensitive training offered by Hugh Milne ([www.milneinstitute.com](http://www.milneinstitute.com)).



# Continuing Education

## KMI Advanced Training

Kinesis offers an Advanced Training in KMI for those KMI graduates who have been practicing at least 2 years. This training is comprised of three sections:

### **KAT Part I ~ KMI 12-series and the Organs**

How well do you grasp the inner logic of the Structural Integration recipe? This seminar reviews the shape, scope and the inner logic of the KMI 12-series of structural integration sessions in terms of the physiology you can expect to affect with each session. In this week, we review the series (especially the first 8 sessions) in terms of goals, assessment, strategies and approaches – but this time with a special emphasis on the organ systems, energy centers, and parts of the nervous system connected to each session.

Get the new notes on each session, and see into the series anew with this comprehensive overview to the basic structure of the body unfolding. We will use each other as models, using both two-handed and four-handed work, to give each other deep healing experiences of the individual structural coherencies we call the sessions.

Get your questions answered, learn technique variations, and design movement homework for the sessions. All sessions will be covered but with an emphasis on the evolved shape of the Spiral Line session, Shoulder and Arm session, and the Head session.

### **KAT Part II ~ A Clinical Practicum**

Six days practicum in applying KMI principles to clinical problem-solving in an integrative context. Using outside models, build your skills in deeper bodyreading and palpatory assessment, with advanced moves and variations. An immersion course in the practicalities of ordinary and extraordinary Spatial Medicine. Models provided, or feel free to bring a 'problem' client if you wish.

In this course, two days will concentrate on common problems of the shoulder, two days on common strain patterns in the hip, and two days on unwinding the spine, sacrum and neck.

### **KAT Part III ~ The Advanced 4-Series**

The KMI Advanced Series concentrates on our “inner bag” - using manual techniques to reach into joint spaces via peri-articular tissues - the ligamentous bed, as it is called in osteopathy. The techniques: combine KMI-like direct techniques on joint bridles and key ligamentous fulcrums with slow but active client movement. We also include indirect techniques for opening harder-to-reach articulations. In other words, the 12-series delineates the myofascial “tracks”; in KAT the work is more with the fascial “stations”.

Our 4-series is based around the Advanced Series taught to me by Ida in 1978, not the 5-series as developed by the RISI and GSI in subsequent years. Principles from the 5-series are included for your comparison, but the KAT follows the direction we have set toward an integrated approach to Spatial Medicine.

## Miscellaneous

Kinesis also sponsors special events in the CE field – for instance, we have hosted annual week-long fascial dissection courses in collaboration with Todd Garcia at the Laboratories for Anatomical Enlightenment in Tempe, AZ, and every summer we offer Advanced courses with Tom and other guest faculty in beautiful coastal Maine.

# Students Need To Know

Each student's situation will be assessed according to merit, and Kinesis makes every effort to accommodate the humanity of each student. However, by registering for any Kinesis course, the student agrees to abide by the policies and procedures set forth below. The following policies are mandated when courses are held at Kinesis headquarters in Walpole, Maine. Other policies may apply when co-sponsored by another hosting location.

## Tuition

Please see the schedule for individual trainings on the website for tuition details.

*Individual hosting schools may offer early registration discounts, and tuition amounts may vary with location and dates.*

Tuition needs to be paid in full prior to the start of class.

## Payment Plans

Arrangements must be made with Kinesis if a student wishes to pay by way of a payment plan. There is no extra charge; however, interest will be charged on payments that are made after the due dates set for that particular class.

The tuition for each part can be arranged in smaller increments so that full payment for each session is received prior to the start of class.

## Payment Options

Personal checks, credit cards and wire transfers are accepted. Kinesis office staff can be reached by phone or email, Monday-Friday. During on-site training, you are more than welcome to make an appointment to visit the office to settle outstanding balances.

## 10% Finance Fee

Interest of 10% fee per session will be charged on any balance that remains after the commencement of each session. For example, if \$2100 is due for Part 1 by January 1st (first day of class) and only \$800 has been paid, then on January 2nd (second day of class), a 10% finance fee on the full \$2100 installment (or \$210 in this example) will be charged.

Returned checks for insufficient funds will be subject to a \$30 service charge.

Non-payment by the end of the session will be grounds for refusal into any subsequent training.

## Cancellation & Refund Policy

Initial deposits are non-refundable, but may be transferred to another Kinesis course that begins within 24 months of the student's cancellation. If the student needs to withdraw, the remaining pro-rated tuition may be transferred to another class. Alternatively, the student may be reimbursed at the rate of 80% of the pro-rated tuition per remaining day of the course in question. In the event that a student is asked to withdraw, the same reimbursement rate will apply.

For GI Bill recipients, Kinesis will refund the unused portion of prepaid tuition including the deposit on a pro rata basis. The exact proration will be determined on the ratio of the number of days completed top the total number of days of the course.

## Course Schedules

For current schedules, locations and dates for domestic and international courses, please call Kinesis at 1-888-KINESIS, or visit our website at [www.AnatomyTrains.com/at/kmi/](http://www.AnatomyTrains.com/at/kmi/)

# Scope Of Services

## Housing and Transportation

When attending courses held at Kinesis, students may stay in one of the many Inns, B&B's and local rooming houses in or near Walpole, ME (see our list of local accommodations). Students are responsible for making their own reservations and transportation arrangements.

Kinesis' office sits adjacent to a working wharf at the mouth of the Damariscotta River, where students can always enjoy access to the quiet beauty of the water, respectfully shared with local fishermen. The classroom is an easy walk on a country road, about ½ a mile away.

For courses held at other schools, a list of accommodations and transportation options will be available on our website.

## Classroom

For the training in Maine, Kinesis leases a beautiful studio with a large classroom upstairs that can accommodate up to 28 students. There is another large space downstairs with kitchen/dining access for breaks, and including amenities such as hot water and tea supplies. For trainings in other regions, host facilities offer the equivalent space and amenities.

## Supplies and Equipment

Kinesis and/or the host school provide(s) students with all of the necessary supplies and equipment, such as tables, benches, audiovisual equipment, orthopedic skeletons, learning tools, and handouts. Students are responsible for providing their own books and personal supplies.

## Schedule of Fees

Tuition (in 2014-2016)* .....	\$12,900
Part I: \$2,100	
Part II: \$4,200	
Part III: \$6,600	
Books & DVDs* .....	\$254.80
Anatomy Trains – \$69.95	
Fascial Release for Structural Balance – \$29.95	
Body Cubed – \$54.95	
BodyReading DVD – \$99.95	

Pricing subject to change. Please find current costs on our website.

## Law and Licensing

KMI Certification does not guarantee a license to practice massage or bodywork. State and local licensing requirements differ with location, and the courses offered by Kinesis are not structured to prepare students for licensure. Kinesis is an approved continuing education provider for the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB).

All graduates of the KMI program are eligible for membership in the professional organization for Structural Integration practitioners, the International Association of Structural Integrators (IASI). Membership in IASI does not constitute a license to practice SI. Please check the laws in your state with respect to requirements for a license to touch.

# Attendance Policies

## Attendance

Missed supervised clinic sessions, whether it is the student who is absent, his/her classmate, or the outside model, must be made up as soon as possible. Make-up sessions will be conducted under the supervision of a staff member at a mutually convenient time, and at a cost per session to the party at fault, determined by the average rate for SI sessions in the area where the course is held. It is recommended that students maintain contact with their models so that missing sessions can be kept at a minimum.

Missing more than four days total of the 54-day program, for whatever reason, will tend to dismissal or the requirement to retake all or part of the training.

## Withdrawal or Dismissal

Whether a student withdraws or is asked to withdraw, he/she will be refunded 80% of the pro-rated tuition per day for each subsequent unused day of the training.

## The Right of Appeal

If denied acceptance into a subsequent part of the KMI Training or refused KMI Certification, the student may appeal the decision of the instructor(s) to the Director of Kinesis, Tom Myers, and the Director of KMI, Lou Benson, within 15 working days of the decision in question (and at least 1 month prior to the start of class).

## Student Grievances

Any grievances regarding KMI's educational or administrative policies and procedures must be submitted in writing to the Director, Lou Benson, within 15 working days of the occurrence of the issue in question.

## Conduct

The very nature of bodywork necessitates maturity and professionalism, and class time provides the instructor(s) with the opportunity to observe and evaluate each student's conduct. Any conduct deemed inappropriate to the point of jeopardizing the reputation of Kinesis will be cause for immediate dismissal.

Illicit drug use, disruptive behavior, and attending class under the influence of drugs or alcohol will be cause for immediate dismissal.

If dismissal is being considered, the student will receive immediate notification.

## Disclaimer:

Kinesis is vigilant about applicant screening and about the monitoring of each student's progress. Although Kinesis is the only entity that certifies KMI Practitioners, Kinesis is not a regulatory agency and thus is not responsible for actions or activities of KMI graduates.

# Faculty Bios



**Tom Myers** wrote the widely-acclaimed Anatomy Trains (Elsevier 2001, 2009) and directs Kinesis, which offers hundreds of seminars per year worldwide for manual and movement professionals of all types. He studied with Ida Rolf, Moshe Feldenkrais, Buckminster Fuller, and has practiced integrative bodywork in a variety of cultural and clinical settings for over 30 years. Tom has contributed over 60 articles for trade magazines and journals. He lives, writes, and sails on the coast of Maine.

**Lou Benson** has been studying the three dimensional moving puzzle of the human body for over 30 years, first as an athlete and amateur bodybuilder, and beginning in 1991, as a massage therapist, anatomist and technique teacher. Since then, she has developed curriculum for and taught a wide variety of courses in massage, anatomy and kinesiology for massage therapists and yoga teachers. Lou began her studies with Tom Myers in 1994, and certified in the first KMI class in 1999. She currently serves as lead faculty and KMI Educational Director. Lou is also certified in Aston Patterning, and is the founder and director of The BodyWork Education Project. She maintains a private practice in Atlanta, GA.



**James Earls** is a writer, lecturer and bodyworker, specialising in Myofascial Release and Structural Integration. He is the director of Kinesis UK, which co-ordinates Anatomy Trains and Kinesis Myofascial Integration training throughout Europe, and together with Tom, authored 'Fascial Release for Structural Balance,' the definitive guide to the assessment and manipulation of fascial patterns. James teaches a range of courses across the UK and Europe, and is also a regular lecturer at conferences and workshops around the world. He has collaborated with some of the top researchers in bodywork and fascial theory including Art Riggs and Robert Schleip, and is now involved in a number of projects for research into fascia, movement and treatment modalities. He is also the founder and Director of Ultimate Massage Solutions, one of the UK's most prestigious providers of professional literature and workshops in the bodywork field.

**Kelly Chadwick** has been doing bodywork since 2005. Following a career in mental health and crisis counseling, she developed her passion for structural bodywork as a student in the KMI program. Kelly has been assisting in Kinesis courses since 2008. She is enthused by the emotional and spiritual changes that occur with structural integration work. Her focus is working with children and teens. She maintains a private practice at Stillpoint Center for Healing Arts Bodywork for the Soul near Cincinnati, OH.



**Carrie Gaynor**, BSN, RN, KMI, BCSI, E-RYT, is a senior faculty member at Kinesis, LLC; she teaches Anatomy Trains short courses and KMI courses nationally. A Board Certified Structural Integrator (CBSI), she maintains a KMI Structural Integration practice and has co-directed and taught yoga at ABSOLUTE Yoga in Rochester, NY for over 20 years. She holds two Yoga certifications from Ester Myers Yoga and TriYoga International. Additionally she is a Level 1 Certified Fascial Stretch Therapist and Fascial Fitness Trainer. Carrie has served on the board for CBSI, the Board of Directors of the International Association of Structural Integrators (IASI), and is currently on the IASI Advisory Group. Her nursing degree was earned at the University of Rochester.

**Peter Ehlers** has been a body worker since 1995, maintaining a busy practice in Santa Fe, New Mexico. He has trained in Neuromuscular Therapy, KMI Structural Integration, Functional Neurology for Bodywork, and Visceral and Neural Manipulation. He was an instructor of Connective Tissue bodywork at the Scherer Institute for 10 years before he began teaching Anatomy Trains and KMI Structural Integration in 2005. Peter has a passion for teaching this work, as well as a deep compassion for the human spirit. Currently on a leave of absence



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Please visit our website further information and contact details about our faculty and other KMI Practitioners.

**[www.AnatomyTrains.com/kmi/practitioners](http://www.AnatomyTrains.com/kmi/practitioners)**