

# Mana Integrative Therapies

## Structural Integration Practitioner Training

### New Zealand & Europe 2011/2012



***Mana Integrative Therapies is dedicated to the development and fulfilment of the human spirit through the practice and teaching of Integrative Movement and Body Therapies. The approach is person-centred with the intention of nurturing the art and experience of embodiment.***

**Structural Integration** is an innovative approach to well-being that recognizes a natural order inherent in the human being. When the musculo-skeletal system is re-balanced and re-aligned and optimal movement restored, our innate self-healing abilities stimulate a new vitality.

The Structural Integration series is a sequence of 10 sessions designed to restore natural structure and function. Specific myofascial techniques, movement repatterning, guided awareness are some of the tools that a practitioner will use to guide a client to a new balance. The essence of Structural Integration is to foster growth, an expansion of body awareness and conscious choice to bring aliveness, alignment and fluidity to daily body use.



## Who is it For?

The Structural Integration Training is for body therapy and movement practitioners and those with experience in related fields such as fitness, physical education, counselling, medicine, yoga, the martial arts and other movement fields, will find the skills and knowledge invaluable in the development of an integrative approach to the body. For some people the Structural Integration training is the beginning of a whole new career, a complete change of direction in their working life. For others, the insights and methods provide a new synthesis allowing them to expand and refine their approach and techniques in an existing field.

This training is a comprehensive and holistic educational programme both for those aspiring to practice as bodywork and movement professionals and those already working in the field. The ideal learning environment is created with the use of innovative techniques that work with the whole person and appreciate individual differences and needs.



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**“As a podiatrist and sports therapist I found that the Structural Integration training provided me with many of the answers that I had been looking for as to how imbalance occurs in the human being and how we may assist others to expand their embodied self development and to be pain free. I recommend the training to those at all levels through to the experienced practitioners who dare to be open enough to question the process of pathology and explore the dynamics of healing.”**

Richard Pannell, Podiatrist and Sports Therapist, UK

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*“Good usage is not simply a new set of patterns that you learn but an ongoing discovery process of how to best use your changing body in a changing world.”*

*Judith Aston,  
Founder of Aston Patterning*

# The Training Format

The training is presented in a format with modules of classroom learning time interspersed with supervised home practice and study over a 12 to 16 month period depending on the specific training. When possible the main teaching sections are held in residential settings which assists in the creation of an ideal co-operative learning environment.

## Pre-requisites

The main prerequisites for working in this area of healing and empowerment are emotional, mental and spiritual maturity and a willingness and commitment to learn. It is also essential that applicants who would like to enter the Practitioner Training have a basic knowledge in myofascial and therapeutic touch techniques, the healing relationship, principles of human movement and structure, and musculo-skeletal anatomy.

It is recommended that applicants complete the 5-Section MIT Myofascial Integration Training to satisfy this requirement. The Myofascial Training is 21 day training usually comprised of two 9-day sections each followed by home study and practice sessions, and a 3-day certification class. For applicants from countries where this is not possible equivalent experience and private tutoring by MIT-approved teachers is permitted.

Applicants must receive the Structural Integration 10 series from a MIT-approved practitioner.

Applicants must submit an application. The form is available from MIT NZ or Europe.

Applicants must attend a selection interview to assess their readiness to enter the training. The selection fee is 50 euros or \$NZ100.

## Fees for the NZ/European Training

The full tuition fee for all 5 modules is \$13,950 NZ or 7,500 euros paid in installments through the training time. This does not include food and accommodation cost if modules are held at residential centres. The full room and board cost for the NZ 6-week module is \$2,900 NZ or 1500 euros.

## For more information and to apply contact:

### New Zealand/Australia

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# Schedule & Syllabus

## Module 1: The Art of Structural Integration (6 week residential)

*Feb 21 – Apr 1, 2011 Coromandel, New Zealand*

### Principles, Concepts and Theory of Structural Integration

Principles, origins and evolution of Structural Integration. Concepts and theoretical basis for the 10 Series and the SI approach. Relationship of structure and function within the field of gravity. Influences on the body's integrity including injury, overuse, misuse, habitual patterns, attitudes and emotions.

### The Healing Relationship

An introduction to a body psychotherapy approach. How emotions and meaning affect the bodywork process. Therapist-client relationship, boundaries, transference and counter-transference, safety, developing loving presence and the co-operative therapeutic relationship.

### Communication Skills

Dialogue and rapport skills, tracking and working with emotions.

### The 10 Series and Applications of Structural Integration

The basic 10 series, individually designed series, post series work and an SI approach to remedial work will be demonstrated, taught and practiced under supervision.

### Anatomy, Physiology and Kinesiology

Neuromyofascial anatomy for structural and functional bodywork, palpation identification of key landmarks and tissues. Movement of the joints, complex movement patterns, contraindications

### Movement Education Concepts and Skills

Concepts of structure and movement in daily activities such as standing, sitting, walking - and specialised movement patterns associated with specific sports or occupations.

### Assessment Skills

Body reading (stationary and in movement), palpation for hyper/hypo-tone, muscle length tests and other assessment methods for the structural, functional and energetic body. Photographs and body notation are used for visual assessment.

### Bodywork Skills

Using a wide range of touch skills to effect change in the myofascial system, specific active and passive neuromyofascial and joint mobilization techniques.

### Ergonomics and Selfcare

Applied movement skills and maintaining your own structural integrity as you work.

### Setting up a Practice

Support in the development and promotion of a private practice.

## Module 2: Supervised Home Practice (approx 20 weeks)

*Apr 2 - Sep 16, 2011 for Australasian students,  
Apr 2 - Aug 19, 2011 for European students*

During the two home practice phases student practitioners are required to take clients through the 10 series, keep comprehensive records of their sessions, submit videos of their work to an advisor and continue their study of Structural Integration. Students will complete exercises and material that will assist them in the development of a successful practice.

## Module 3: Refining the Series & Post Series Work (8 day class)

*Sep 17 - 25, 2011 Coromandel, NZ or  
Aug 20 - 28, 2011 Copenhagen, Denmark*

This supervision class is designed to work on refining the basic series and learning advanced techniques in all aspects of the practice.

## Module 4: Supervised Home Practice (16 weeks)

*Sep 26 - Jan 9, 2012 in NZ or  
Aug 29 - Dec 14, 2011 in Copenhagen, Denmark*

As per module 2.

## Module 5: Advanced Supervision and Final Certification (5 day class)

*Jan 10 - 15, 2012 in Coromandel, NZ or  
Dec 15 - 20, 2011 in Copenhagen, Denmark*

Exploring applications of Structural Integration.



## Some of our Structural Integration practitioners speak about how they experienced the training:

*"In my work at Massey University, I have been seeking for years to develop a view of education that encompasses the whole person. Structural Integration has given me that and has also helped me to reshape my courses for the student teachers. As a practitioner I find it very satisfying to be a catalyst for people to develop their awareness, their understanding, their power and their sense of ease."*

Neville Kennedy, Physical Education Lecturer, Massey University, NZ

*"As a massage therapist I was very successful at releasing pain and tension but something was missing. How could I help people to stop creating the same tensions and use their body in a more balanced way? When I observed a Structural Integration treatment it was clear that I must learn this approach. Here were the elements I was missing.*

*I saw a session which was a mixture of a movement lesson and bodywork with a very fine awareness of body sensations and emotions. The client was not passive but participated with active movements on the table, seated or standing, all the while being guided in wakeful attention. The space of the session was a beautiful gentle way of listening, a loving presence which allowed the individual's needs and process to unfold without effort. My work as a therapist has changed radically - it has become more and more intuitive and satisfying. Now I see that my job is to assist clients to release their own pain and discover a new bodywisdom they can apply to their life."*

Tine Langkilde, Massage Therapist, Denmark

*"The Structural Integration training experience has totally revamped my work as a personal trainer. Now before I develop a training programme for anyone I use a mirror or photographs to help clients understand their structural alignment. If they aren't going through the 10 series with me then I give them a corrective stretch regime before they start resistance training to help balance their muscle groups and to avoid toning in compression. I also use many core stabilisation techniques to help support the spine. I now have a much more complete training system to help people to realise their potential. It is a gift to watch the beautiful unfolding of people, to see their joy and excitement with their new found freedom."*

Rod Fielder, Personal Trainer, Auckland, NZ

*"The training experience was a surprising ambience of compassion and unconditional love. I learned a tremendous amount about the impact of touch on the emotional and psychic levels. I learned how to follow the body and to be comfortable with not knowing and I learned the basis of a psychotherapeutic approach for the body. I have discovered many new possibilities in the structure and movement of my body."*

Angelika Koch, Gestalt Therapist, France

