

## Structural Integration Series

The series from five Structural Integration schools and traditions are outlined on the next three pages. The other schools of SI teach series similar to the classic Rolf series. The table lists the basic goals and territories of each session. The 2005 Yearbook of Structural Integration has several articles on the approaches of these five and many of the other SI training programs. Some of the information below is adapted from, *Developments in Ida Rolf's Recipe*, by Thomas Myers, IASI 2004 Yearbook of Structural Integration.

<b>Classic Rolfing® Series as taught at the Rolf Institute &amp; the Guild for Structural Integration</b>	<b>Hellerwork® Structural Integration</b> Territories similar to Classic Rolf Series with an 11 <sup>th</sup> session.	<b>Soma Neuromuscular Integration®</b> Territories similar to Classic Rolf Series but with work on psoas in all sessions and an 11 <sup>th</sup>
1 <sup>st</sup> Superficial layer. Free restrictions to breathing. Free ribs, sternum, clavicles. Differentiate pelvis from torso and femurs. Closing work with back, neck and pelvic lift	Work in the same territories as Classic Rolfing with intention to explore inspiration by freeing restrictions to breathing and balancing torso over pelvis. Movement work with breath and torso over the pelvis.	Freeing the tissue of the rib cage and low back, including psoas and scapularis to create a more upright posture with deeper breath.
2 <sup>nd</sup> Superficial layer, free restrictions in feet and lower legs. Establish bilateral support through feet. Balance arches, open innerosseus membranes, lengthen erector spinae group. Closing work with neck and pelvic lift.	Creating support for independence by horizontilizing knees and ankles with work in the superficial fascia of lower legs and feet. Movement work to balance over arches and to walk straight forward.	Creating grounding and connection to reality by working with the lower legs and feet. Introductory work with iliac fascia and iliacus.
3 <sup>rd</sup> Superficial layer open lateral line from top to bottom. Create front to back depth. Free shoulders from ribs with work in axial. Closing work with back, neck and pelvic lift.	Enabling reaching out by working with the arms and sides of the body. Vertical alignment of the lateral lines. Movement work to position the arms and release shoulders.	Lengthening the lateral line to expand the breath and create more relaxation and available energy. Further work with the psoas.
4 <sup>th</sup> Core layer, create core support by lengthening and defining the mid line of the legs, differentiating adductors and releasing pelvic floor. Deep back work to differentiate spine from core line of support. Closing work with neck and pelvic lift.	Exploring control and surrender by releasing the pelvic floor and aligning the midline of the legs. Movement work to relax the pelvic floor.	Sessions 4, 5 and 6 are seen as having a unified goal lengthening the core midline to create better balance and freedom of movement. In the 4 <sup>th</sup> session, in addition to the Classic Rolf territories there is additional work with the hamstrings.
5 <sup>th</sup> Core layer create transmission of support to pre-vertebral fascia. Lengthen and open quadriceps. Releasing and organizing adductors, obliques, transverses and iliopsoas. Release and organize posterior serratus and rhomboids. Closing work with back, neck and pelvic lift.	Exploring the guts by lengthening the fascia of the front of the core and releasing the deep pelvic floor. Movement work about finding and staying in touch with feelings and walking from the top of the psoas.	Creating connection to the deep core of the torso with abdominal and psoas work.

## **Classic Roling cont.**

- 6<sup>th</sup> Core session to release the fascia of the backs of the ankles, lower legs, thighs, hips and low back to the lumbar-dorsal hinge. Freeing over stabilization of posterior line to free the sacrum and encourage support to transmit through the pre-vertebral line.
- 7<sup>th</sup> Core session to align head over the core by freeing fascia of the upper back, thoracic outlet, neck, head and face. Closing work with spine and pelvic lift
- 8<sup>th</sup> Integrative session could be upper or lower body. If lower work in feet, legs, pelvis and lower torso to integrate core and sleeve and to balance connection of lower body to the lumbar-dorsal hinge. Closing pelvic lift.
- 9<sup>th</sup> Integrative session could be upper or lower. If uppers work in hands, arms, shoulder girdle, head, neck and upper torso to integrate core and sleeve and balance connection of upper body to the lumbar-dorsal hinge. Closing pelvic lift.
- 10<sup>th</sup> Integrative session to close the series. Work to horizontalize all joints. Further work with the spine. Closing work with neck and pelvic lift.
- 11<sup>th</sup> None series ends after 10 sessions

## **Hellerwork cont.**

- Exploring holding back with work on the back of the body to lengthen the back of the core going all the way to the back of the head. Movement work to encourage undulation of the spine.
- Exploring the relationship between head and body and reason and feelings through work with the neck, head and face. Aligning the head in vertical with the shoulders in horizontal. Movement work. Movement work to show head alignment without rigidity.
- Relating with the feminine through work to de-rotate, align support and balance to lower body and pelvis. Movement work to educate movement from the core.
- Relating with the masculine through work to release rotations in the arms shoulders and chest. Movement work to integrate core and sleeve and have the upper body supported by the lower body.
- Working with over all integration and integrity by releasing, aligning and balancing all of the joints. Movement work for moving from the core as a as a fluid whole.
- Completion, self expression and empowerment though reviewing the series in conversation and possibly hands on work and movement work.

## **Soma cont.**

- Upper core session to release the fascia of the neck, face and head and crural fascia. Goal to create more self reliance and personal power.
- Integrative sessions of 8, 9, 10 work with the entire body to create core/sleeve integration, alignment, and efficiency.
- Work with the arms, scapula and back through to the scapula. Goals are increased rotary function, movement of energy through the arms and down the back.

## **Kinesis Myofascial Integration®**

**Based on the anatomical model Anatomy Trains (AT)  
This series has the least in common with the Classic  
Rolfing Series. The sessions do roughly follow the  
same goals as the other series.**

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| <b>1<sup>st</sup></b> | <b>Superficial session addressing the fascia of the Anatomy Trains (AT) superficial front line and the AT front arm lines.</b> | <b>9<sup>th</sup></b>  | <b>Integrative session working with the fascia of the AT pelvic girdle and leg line balance.</b> |
| <b>2<sup>nd</sup></b> | <b>Superficial session working with the fascia of the AT superficial back line and back arm lines.</b>                         | <b>10<sup>th</sup></b> | <b>Integrative session working with the fascia to balance the AT torso lines.</b>                |
| <b>3<sup>rd</sup></b> | <b>Superficial session working with the fascia of the AT lateral line and arm lines.</b>                                       | <b>11<sup>th</sup></b> | <b>Integrative session working with the fascia of the AT Front and back arm lines.</b>           |
| <b>4<sup>th</sup></b> | <b>Superficial session working with the fascia of the AT spiral line and rotational issues.</b>                                | <b>12<sup>th</sup></b> | <b>Integrative session working to bring final balance to all of the AT lines</b>                 |
| <b>5<sup>th</sup></b> | <b>Core session working with the fascia of the AT deep front line of the lower body.</b>                                       |                        |  |
| <b>6<sup>th</sup></b> | <b>Core session working with the fascia of the AT deep front line of the central body.</b>                                     |                        |  |
| <b>7<sup>th</sup></b> | <b>Core session working with the fascia of the AT deep back line.</b>  |                        |  |
| <b>8<sup>th</sup></b> | <b>Integrative session working with the fascia of the AT deep front line and back line of the upper body.</b>                  |                        |  |