



## Training Catalogue

Kinesis Myofascial Integration

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### KMI Structural Integration Training Catalogue For Seattle

Change Your Body  
About Your Mind



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# Table Of Contents

|   |                      |
|---|----------------------|
| <b>The Background for KMI</b>             | <b>Pages 3 - 4</b>   |
| <b>Experiencing KMI Sessions</b>          | <b>Pages 5 - 6</b>   |
| <b>Kinesis, Inc.</b>                      | <b>Page 7</b>        |
| <b>Becoming Certified in KMI</b>          | <b>Page 8 - 12</b>   |
| Qualifications and Prerequisites          |                      |
| KMI: A Three-Part Training                |                      |
| Class Descriptions & Training Process     |                      |
| Evaluation and Certification Details      |                      |
| <b>Continuing Education</b>               | <b>Pages 13 - 14</b> |
| IASI                                      |                      |
| Movement                                  |                      |
| Manipulation                              |                      |
| Advanced                                  |                      |
| Miscellaneous                             |                      |
| <b>Registration, Payment and Policies</b> | <b>Page 15-18</b>    |
| Registration                              |                      |
| Schedule and Tuition                      |                      |
| Payment Plans                             |                      |
| Payment Options                           |                      |
| Finance Fee                               |                      |
| Cancellation                              |                      |
| Readmission                               |                      |
| Conduct                                   |                      |
| Attendance                                |                      |
| The Right of Appeal                       |                      |
| Student Grievances                        |                      |
| Disclaimer                                |                      |
| Verification of Continuing Ed Credit      |                      |
| Limitations of Liability                  |                      |
| Statement of Ownership                    |                      |
| Contact Information                       |                      |
| <b>Faculty Bios</b>                       | <b>Page 19</b>       |
| <b>Scope of Services</b>                  | <b>Page 20</b>       |
| Classroom                                 |                      |
| Housing and Transportation                |                      |
| Supplies and Equipment                    |                      |
| Law and Licensing                         |                      |
| Approvals and Accreditations              |                      |

# The Background For KMI

KMI, Kinesis Myofascial Integration, is a unique approach to improved 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. We use deep touch and client engagement to discharge accumulated tensions, unwind fascial binding, and introduce new, more straightforward movement patterning.



Using the concepts of tensegrity geometry developed by Buckminster Fuller applied 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, for the organs within their cavities, and for efficient skeletal alignment.

KMI work is usually done as a series of about a dozen sessions undertaken over a period of a couple of 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 short periods of intense work interspersed with longer periods to “own” the changes via your own movement.

The KMI session 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 their clients.

# 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, where ideas are freely discussed, where the emotional aspect of learning is honored, and where 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 developed the Anatomy Trains as a way of teaching “connected anatomy” to students at the Rolf Institute. Realizing that the Anatomy Trains presented a more sensible way of addressing the complexities of human movement and postural patterning, Mr. Myers started Kinesis Myofascial Integration training's in 1998.



The Anatomy Trains book (Elsevier, 2001) has sold over 30,000 copies and has been (or is being) translated into seven other languages and now released in a 2<sup>nd</sup> edition (Dec 2008). The widespread interest in Anatomy Trains has field interest in KMI. To date, Kinesis has held around a dozen trainings, and approximately 150 practitioners are practicing KMI in the USA, UK and Europe. Two or more trainings are held each year, depending on demand.

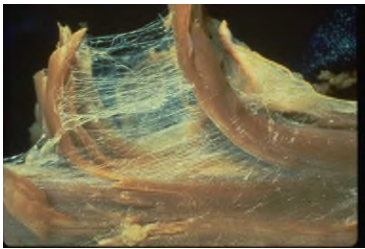
The KMI school has grown over the past decade, and a dedicated faculty now help provide quality education in structural integration – both basic training and a full program of continuing education for practitioners of the somatic arts.

# 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 tool - how do you use it? KMI can be seen as an intensive but finite course in re-acquainting yourself with your body in motion - whether you are a finely-tuned athlete or a computer-bound couch potato.

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

While exercise, and our mother's nagging to “Stand up straight!” may help, most of this patterning happens below our conscious awareness and becomes part of “who we are”. These patterns become written into our muscular tensions, or skeletal form, and into the tissues that go between - the connective tissues. 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 KMI approach is to free the binding and Shortening in these connective tissues – what we refer to as the “fascial network” – and to re-educate the body in efficient and energy-sustaining (as opposed to energy-robbing) patterns.

This process happens over a series of sessions - the KMI process has 12 separate and progressive sessions, although the actual number you 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 you in underwear or a bathing suit. (Your comfort is paramount, but we need 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 moves are done sitting or even standing.

Your practitioner will contact specific tissues with fingers or hands and ask you to move, thus stretching and freeing old restrictions and encouraging the tissues back to a natural place called for by your body's inherent design. You and your practitioner can work out how deep and intense or how gentle you want the progression to be.



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 any binding to the trunk. The middle four sessions address the “core” of your body, working into the central stabilization muscles closer to the spine and pelvis. The last four sessions integrate “core” and “sleeve” into your habitual movement (and address specific problems you bring to the table), leaving you with 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, a more open and positive attitude toward the world, and greater efficiency and less pain involved in movement. The performance-oriented can look for improved functional abilities. For the person engaged in normal activities, a new “spring in your step” about sums it up.

# Kinesis, Inc

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

## **Vision:**

“*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, and 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 the surfaces, interfaces, and social constructs are ever more man-made, orthogonal, conceptual, sedentary, voyeuristic, and 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 moving, the inherently felt sense generated by the joyous and 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?* Our body is our most proximate and valuable tool – how can we best employ it in this world that is now much of our own making?

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

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

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

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 allows them to build on systems-oriented (as opposed to reductionistic and mechanical) views of the body and its inner workings.

Kinesis thus offers books, videos, 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.

# Becoming Certified In KMI

Training in KMI is a fun, enriching, and challenging commitment. KMI training has three separate parts, totaling 54 days of training (540 hours, including outside academic and clinical practice work), which can be concentrated within a year or spread out over 3 years.



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 everybody who comes across 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.



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 anatomical specificity with clear strategies for multi-session protocols, taught in an “open inquiry” learning environment. This training combines old-world craftsmanship with a 21st century delivery, 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, no matter their background, must have attended an official, approved Anatomy Trains course.



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

All applicants must receive the KMI 12-series (or other SI 10-series) before beginning Part 3. We require written confirmation of your series from your practitioner.

### **Application Form:**

All applicants must submit a photo along with an application (available from our website or office) and a letter summarizing their work and educational experience.

### **License to Touch:**

Certification in a profession of manual therapy, including DO, DC, RN, PT, OT, or LMT/CMT, is sufficient background for training in KMI. LMTs need at minimum 500 classroom hours of training to be certified by NCBTMB and to have at least 3 years clinical experience.

### **For Movement Therapists:**

Acceptance for those with a strong yoga, dance therapy, athletic trainer, somatic arts, or other movement-based training into all or part of the KMI training is considered on a case-by-case basis. It is, however, required that movement therapists acquire prior training in hands-on application and be licensed to touch in the jurisdiction where they plan to practice. Kinesis is happy to help guide you in this process, but training in manual therapy is an absolute prerequisite. Kinesis is in the process of developing such training, which will be available soon.

## KMI: A Three-Part Training

In each location, the entire KMI training of 54 days (equaling 6 sessions of either 8 or 10 days each) is offered over a period of 9 months to a year.

Students may go through in one location with the same group (which is how most people do it), or each part may be taken separately in different locations (as long as each part is taken in order and the process is completed within 3 years).

## 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.

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

- A coherent philosophy of manual therapy
- Spatial medicine and personal development
- Bodyreading vocabulary and practice
- Fascial planes and myofascial meridians
- Embryology and evolution of tissues, shape & movement
- The physiology of emotional release
- 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

Usual break between Parts 1 & 2 is about a month.

#### **Part I Assessment**

*No formal assessment  
Admission to Part 2 is at the discretion of the Part 1 instructor.  
Training and experience in manual therapy are required to enter Part 2.  
A certificate of attendance and/or transcript letter is available*

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

- Designed to move – detailed 3-D anatomy
- Extensive bodyreading practice
- Tissue and movement assessment
- “Work smarter, not harder” – body use
- Fascial and 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.

Usual break between Parts 2 & 3 is a minimum of a few months and a maximum of 2 years.

#### **Part II Assessment**

*Informal quizzes  
Review of client session notes  
Manual work assessment  
  
Admission to Part 3 is at the discretion of the Part 2 instructors.  
2 short essays are required to be submitted between Part 2 and Part 3.*

*Additional academic, practical or therapeutic work may be assigned as a condition to continue.*

*A certificate of attendance or transcript letter is available.*

### **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**

*Formal quizzes  
Review of client session notes  
Overview essay  
Formal manual work evaluation  
  
Graduation is at the discretion of Part 3 instructors.  
  
Certification in Structural Integration, as well as website and directory listings, are dependent on completion of all work.*

## 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 short (3-10 pages) summary, including the student's experiences as a recipient and as a practitioner, key concepts and structures, and the relationship among the sessions. The student's *response* to what was learned is critical.

2. **Essay Questions**

Each student must write a 2-3 page essay on any two of 15 choices of subject. Both access to facts and interpretation in terms of structural/postural/movement issues will be assessed.

- |                   |                               |
|-------------------|-------------------------------|
| i. Foot           | x. Shoulders                  |
| ii. Lower Leg     | xi. Cervical                  |
| iii. Thigh        | xii. Neural Control           |
| iv. Hips          | xiii. Neuro-Muscular Reflexes |
| v. Pelvis         | xiv. Autonomic Response       |
| vi. Diaphragms    | xv. Whole-System Anatomy      |
| vii. Trunk        | xvi. Tissue                   |
| viii. Respiration | xvii. Postural Patterns       |
| ix. Circulation   |                               |

3. **Session Notes**

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

4. **Anatomy Quizzes**

Straightforward, simple check-ups, on the myofascial anatomy and goals of the sessions.

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 (Optional)**

Students may prepare a presentation (15 minute maximum) for the class. This is a talk on KMI as if to prospective clients or to some specific group, i.e. sports club, yoga class, medical group. Communication will be assessed. The student may share the presentation with a classmate. The ability to talk about and engage with the work in a professional context is nearly as important to each student's professional success as is the actual practice.

## Evaluation and Certification Details, Cont'd

Students are encouraged to consult with the instructors at any time they wish with regards to their progress. All projects and evaluations are done on a pass/fail basis and students must pass all evaluations. Students who fail have one opportunity to retake an evaluation.

*Certification as a KMI Practitioner is dependent upon completing these five 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 of \$150 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.



# 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 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 they offer 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 [www.theIASI.org](http://www.theIASI.org).

## Movement

The closest KMI has to an accompanying movement training at the moment would be to take the Aston Patterning training with Judith Aston and her school.



Kinesis offers shorter trainings in movement – Tom’s Spiraling Into Alignment and Yaron Gal Carmel’s Thai-SI classes, as examples – but we are still in the process of developing an accompanying movement training.

Aside from Aston, the principles from the Alexander Technique, Feldenkrais, Contact Improvisation, Continuum, or any of the softer martial arts like Tai Chi or Aikido will serve you well in your practice.

## Manipulation

We offer multiple short “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). These courses are 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)).

Additionally, many of the course listings in the IASI CE listings qualify for on-going manipulation training.

## 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 a trip to Costa Rica with Tom and Eric Dalton in the spring of ’07 or a trip to Greece in the spring of ’08 with Tom and George Kousaleos. These type of special events are all listed on the website under “Events”.

# Registration, Payment and Policies

The Seattle 2011 KMI Training is hosted by the Therapeutic Training Center (ITCI). By registering for these Kinesis courses, the student agrees to abide by the policies and procedures set forth.

## Registration

Students may obtain registration materials either through Kinesis or the Therapeutic Training Center. When they have been completed, registration materials should be mailed to:

Therapeutic Training Center  
PO Box 66864  
Seattle, WA 98166

## Schedule and Tuition

### **Part I (8 days)**

Phase 1: Jan 25-Feb 3, 2011  
Days off: Jan 29-30  
Tuition: \$1,800 by Nov 30, 2010  
Pymt Due: January 18, 2011

### **Part II (16 days)**

Phase 1: Apr 5-14, 2011  
Days off: Apr 9-10  
Phase 2: May 10-19, 2011  
Days off: May 14-15  
Tuition: \$3,500  
Pymt Due: March 29, 2011

### **Part III (30 days)**

Phase 1: Sep 19-30, 2011  
Days off: Sep 25-26  
Phase 2: Oct 24-Nov 4, 2011  
Days off: Oct 29-30  
Phase 3: Dec 5-16, 2011  
Days off: Dec 9-10  
Tuition: \$5,200  
Pymt Due: September 12, 2011

- Register for all 3 Parts by November 30, 2010 and save \$1,000!
- Tuition needs to be paid in full one week prior to the start of class. Every effort should be taken to make payments outside of the classroom environment.

## Payment Plans

Arrangements must be made with the Therapeutic Training Center if a student wishes to pay by way of a payment plan. A finance fee will be charged on payments that are made after the due dates set for each Part I, II and III.

## Payment Options

Personal checks, credit cards and wire transfers are accepted. The Therapeutic Training Center can be reached by phone or email, Monday-Friday.

If paying by credit card, the charges can be arranged in smaller increments so that full payment is received prior to the start of class. However, payment cannot be delayed for the student's own personal reasons without paying finance fees. Payment can be made online at [www.theratraining.com](http://www.theratraining.com) or by phone at (206) 853-6875.

## Payment Options, cont'd

If paying by check, the check must be mailed so that it is received one week prior to the first day of class. Please make checks out to "Therapeutic Training Center" and mail them and any required documentation to:

Therapeutic Training Center  
PO Box 66864  
Seattle, WA 98166

## Finance Fee

A finance fee of 10% will be charged on any balance that remains after the payment due dates of Parts I, II and III. For example, if \$1,800 is due for Part 1 by January 18<sup>th</sup> and only \$1,000 has been paid, then on January 19<sup>th</sup>, a 10% finance fee on \$800 (or \$80 in this example) will be charged.

Non-payment by the end of the session will be grounds for refusal into any subsequent training and will lead to submission of the student's account to collections.

Returned checks for insufficient funds will be subject to a \$25 service charge.

## Cancellation

1. Cancellation of Class: If a class is canceled for any reason, participants will be sent a 100% refund within 30 days of the class being cancelled.
2. Student Not Accepted: If the applicant is not accepted for a class, the applicant will be sent a 100% refund within 30 days of the decision not to accept the student.
3. Cancellation Prior to the First Day of Class: The applicant will be sent a full refund within 30 days of receipt of written notice of the cancellation.
4. Termination of Training after the first Day of Class: If training is terminated after the student enters classes, the Therapeutic Training Center will refund the student according to the following schedule per Part:

| <b>Part I</b> | Portion TTCI Retains | <b>Part III</b> | Portion TTCI Retains |
|---------------|----------------------|-----------------|----------------------|
| Day 1         | 12%                  | Days 1-3        | 10%                  |
| Day 2         | 25%                  | Days 4-8        | 27%                  |
| Days 3&4      | 50%                  | Days 9-15       | 50%                  |
| Days 5-8      | 100%                 | Days 16-30      | 100%                 |

| <b>Part II</b> | Portion TTCI Retains |
|----------------|----------------------|
| Days 1&2       | 13%                  |
| Days 3&4       | 25%                  |
| Days 5&8       | 50%                  |
| Days 9-16      | 100%                 |

All tuition from completed Parts prior to the withdrawal will be retained by the Therapeutic Training Center.

5. When calculating refunds, the official date of a student's termination is the last day of recorded attendance (LDA):
  - When TTCI receives written notice of the student's intention to discontinue the training program; or,
  - When the student is terminated for a violation of a published school policy which provides for termination; or,
  - When a student, without notice, fails to attend class.



## Cancellation, Cont'd

6. All refunds will be paid within 30 calendar days of the student's date of determination for the termination.

## Readmission

A student who terminates and chooses to re-enter the KMI training program, should contact the Kinesis main office for details on how to re-enroll.

## Attendance

Missed 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 a cost of \$100 per session will be charged to the faulting party. 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.

## 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.

## 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, 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 Kinesis' educational or administrative policies and procedures must be submitted in writing to the Director, Tom Myers, within 15 working days of the occurrence of the issue in question. If the student is dissatisfied with the results of the process, the student may put the issue in writing and submit it to: Workforce Training And Education Coordinating Board Private Vocational School Licensing at PO Box 43105, Olympia, WA 98504.

## 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.

## Verification of Continuing Education Credit

Seattle Training records are maintained for fifty years. Upon completion of sessions, each student is provided with a certificate of completion. If this becomes lost and proof of credit or a duplicate is required, a written request for verification is needed--there is a \$10 processing fee. A written request may be made by mail, fax or email. Please provide:

- Student name (current and name at the time the class was taken)
- Course title
- Name of instructor
- Date of class
- Address the verification is to be sent to

Please send written requests to Kinesis at [workshops@AnatomyTrains.com](mailto:workshops@AnatomyTrains.com); by fax at (207) 563-7123 or mail to Kinesis, Inc., 318 Clarks Cove Rd, Walpole, ME 04573.

## Limitations of Liability

Kinesis and the Therapeutic Training Center are not responsible for any loss or damage to participant personal property. While participants are on Kinesis/TTCI premises or at any contracted facility of Kinesis/TTCI, Kinesis/TTCI are not responsible for any personal injury, loss or damage to property suffered by participants. Participants are responsible for maintaining their own professional liability insurance.

## Statement of Ownership

Kinesis' sole shareholder is Thomas Myers. The Therapeutic Training Center's sole shareholder is Robbin Blake.

## Contact Information

### *Office Address:*

Kinesis, Inc.  
318 Clarks Cove Rd  
Walpole, ME 04573

Contact: Stephanie Stoy  
Phone: (877) 614-7333  
Fax: (207) 563-7123  
Email: [workshops@AnatomyTrains.com](mailto:workshops@AnatomyTrains.com)  
Web: [www.AnatomyTrains.com](http://www.AnatomyTrains.com)

### *Office Address:*

Therapeutic Training Center  
4500 9<sup>th</sup> Ave NE, Ste 324  
Seattle, WA 98105

Contact: Robbin Blake  
Phone: (206) 853-6875  
Fax: (206) 243-5185  
Email: [info@theratraining.com](mailto:info@theratraining.com)  
Web: [www.TheraTraining.com](http://www.TheraTraining.com)

# Faculty Bios

**Lauren Christman** is a licensed bodyworker since 1994 maintaining a thriving practice centered on structural integration (KMI 2003), craniosacral therapy and visceral manipulation. She has a special interest in working with children and infants. A bodywork instructor at both entry and advanced levels for over 14 years, she currently teaches KMI and Anatomy Trains courses in the Pacific Northwest and Europe. Teaching with passion, curiosity and humor, Lauren leads advanced classes in myofascial release, craniosacral, postural assessment and intraoral work.



**Mark Finch** has been a body worker since 1996, training in Therapeutic Massage, Neuromuscular Therapy, Structural Integration (KMI) and Visceral Manipulation. Mark maintains a busy practice in Vancouver, B.C. focused on Structural Integration and divides his time between his practice and teaching the Anatomy Trains and other short courses in North America and Australia. Mark's interest is in structural change and integrating functional movement.



**Thomas Myers** (Guest Faculty) directly studied with Drs. Ida Rolf, Moshe Feldenkrais, and Buckminster Fuller, and has practiced integrative bodywork for over 30 years in Europe, the UK, and the USA. He incorporates many movement and manual disciplines into his practice and teaching. Tom is the author of the best-selling book, *Anatomy Trains* (Elsevier 2001, 2009), as well as numerous articles and video programs on fascial technique and dissection. He currently directs Kinesis, which offers professional and CE training worldwide. Tom lives with his wife, Quan, on the coast of Maine and retains a strong interest in peri-natal issues, sailing, and music.

**Larry Phipps** has over 30 years of service with human potential in behavioral health and in the massage and bodywork profession. He is a 1990 graduate of the Guild for Structural Integration and became an Advanced Practitioner in 1994. He completed his training in Kinesis Myofascial Integration in 2003 and became a certified KMI instructor, in 2004. He is a member of the International Association of Structural Integrators, and IASI Certified Structural Integrator (2007).



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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)

# Scope Of Services

## Classroom

The Seattle KMI Training will be held at: Northcut Landing (East Building) 5001 25th Ave NE Suite 202 Seattle, WA 98105 -- Northcut Conference Room

The classroom is held in the East Building of the Northcut Landing property on the west side of the U-Village in the University District in Seattle. The classroom has elevator access, onsite parking in the underground parking lot and has nearby food and hotel. The classroom is roughly 1,400 square feet and has great natural lighting with bathrooms located directly across from the room. The maximum instructor to student ratio for the hands-on portion of the class is 1:10 and 1:26 for lecture. The maximum number of students accepted for the Seattle KMI trainings is 26 per session.

## Housing and Transportation Support

Connie Carlson is the support person for helping students get their housing and transportation needs set-up when needed. Please contact her directly at:

## 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, and handouts. Students are responsible for providing their own books, linens and personal supplies.

## 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.

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) – however this does not constitute a license.

## Approvals and Accreditations

National Certification Board for Therapeutic Massage and Bodywork

- Kinesis is approved by the National Certification Board for Therapeutic Massage And Bodywork (NCBTMB # 53663-00) as a continuing education provider.

Workforce Training and Education Coordinating Board

- The Therapeutic Training Center is licensed by the Workforce Training and Education Coordinating Board.

This school is licensed under Chapter 28C.10. Inquiries or complaints regarding this or any other private career school may be made to the Workforce Training and Education Coordinating Board, 128 10<sup>th</sup> Ave SW, Olympia, WA 98504-3105. (360) 753-5662.