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## WHY CHOOSE STRUCTURAL INTEGRATION?

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### ***Common reasons to seek SI:***

- \* Injuries
- \* Restrictions in movement & mobility
- \* Mind-Body connection
- \* Chronic Pain -  
Neck, shoulders, low back, hips, knees  
Ect...

### ***Benefits include improved:***

- \* Body control
- \* Body awareness
- \* Range of motion
- \* Grace
- \* Balance
- \* Coordination
- \* Posture

### ***Many Clients report:***

- \* Elimination of chronic pain
- \* Improved athletic performance
- \* Faster athletic recovery
- \* Resolution of chronic injury
- \* Reduced re-injury rate
- \* Better sleep
- \* Feeling more at peace in their body

With SI, the body lives in its full length,  
rather than being held in shortness and  
compression.



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## ABOUT MELISSA



Melissa's passion in bodywork began years ago as a Licensed Massage Therapist. During that time she discovered how the connective tissue (Fascia) is the web that binds our bodies. Melissa pursued a step change in her career when she graduated from the school of - Anatomy Trains Structural Integration (ATSI). Completion of this international renowned program accredited her to be a

### **Certified Structural Integrator.**

To learn more about Melissa, *Structural Integration, Structural Bodywork* and *ScarWork Therapy*, please visit her website.

**[AnIntegratedBody.com](http://AnIntegratedBody.com)**

**MELISSA MICHAEL LMT, ATSI**

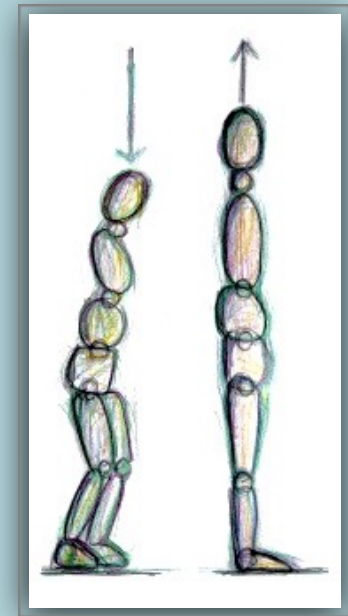
**207.712.4137**

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## An Integrated Body

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### WHAT IS STRUCTURAL INTEGRATION?



**Structural Integration** is a holistic method of bodywork which has a global approach to the body. SI specifically works with the connective tissue (Fascia) in the body to elevate its length, functionality and structural balance.



## WHAT TO EXPECT:

- ❖ Each session will begin with a body reading which we will review together in order to create a plan that is specifically tailored for you.
- ❖ SI work is done while wearing “viewing clothes”. For your added comfort please bring with you - Women: a 2-piece bathing suite or a sports bra and full coverage underwear. Men: running shorts or boxer briefs. Your comfort is paramount.
- ❖ During treatment you will be asked to move as we work to gain the reorganization and glide of the desired tissue. I will always keep you informed and instruct you in ways to aid in your best results. Occasionally it is beneficial to ‘expose’ pain stored in the body, but ‘imposing’ pain is not part of SI work.
- ❖ With SI there is constant dialogue and check-in’s, unlike massage.
- ❖ While most sessions will be done on the therapy table, some work is done while sitting on a bench.
- ❖ Each SI session is built off the last, allowing us to address each fascial plane as we move towards total body integration.
- ❖ Each session will last between 60-75 minutes, depending which fascial line we will be working on.

## ANATOMY TRAINS 12 SERIES

**Anatomy Trains Structural Integration (ATSI)** springs from the pioneering work of Dr. Ida P. Rolf, as developed by Thomas Myers. ATSI consists of a *multi-session* protocol (usually 12) which deals with a different fascial plane or set of relationships in the body, progressively working around the body, and from superficial to deep and back again.

This process has a beginning, middle and an end. It is not an ongoing therapy.

### SESSIONS 1-4:

The first four sessions deal with differentiating the superficial fascia and muscles. Strategically, these sessions loosen the body’s “sleeve”.

We will address the front of the body, the back of the body, the sides of the body as well as opening and coordinating the right and left sides, from head to toe.

### SESSIONS 5-8:

The second four sessions work the soft tissue structures that relate more to the deeper aspect of the body (closer to the bone). With these sessions we will start at the feet, moving up the body to the pelvis, the deep core muscles, the spine, ending with the neck and head.

### SESSIONS 9-12:

The last four sessions act as the final foundation for the previous eight sessions. We will weave and integrate the legs and pelvis, pelvis and torso, shoulder girdle and arms and lastly the spine. These final sessions being the ones that tie together your personal goals which were set for your 12 Series. You will continue to see results long after your 12 Sessions have ended.

## SERVICES AVAILABLE

**Structural Integration  
Structural Massage/Bodywork  
ScarWork Therapy**

*Each session will last  
between 60-75 minutes*

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*‘Your body hears everything your mind says’*