

SI-BMT

Structural Integration
Bodywork & Movement Training



PROGRAM CATALOG

WWW.SI-BMT.COM | LAGUNA BEACH, CA & CHICO, CA | (530) 907-9626



OUR MISSION



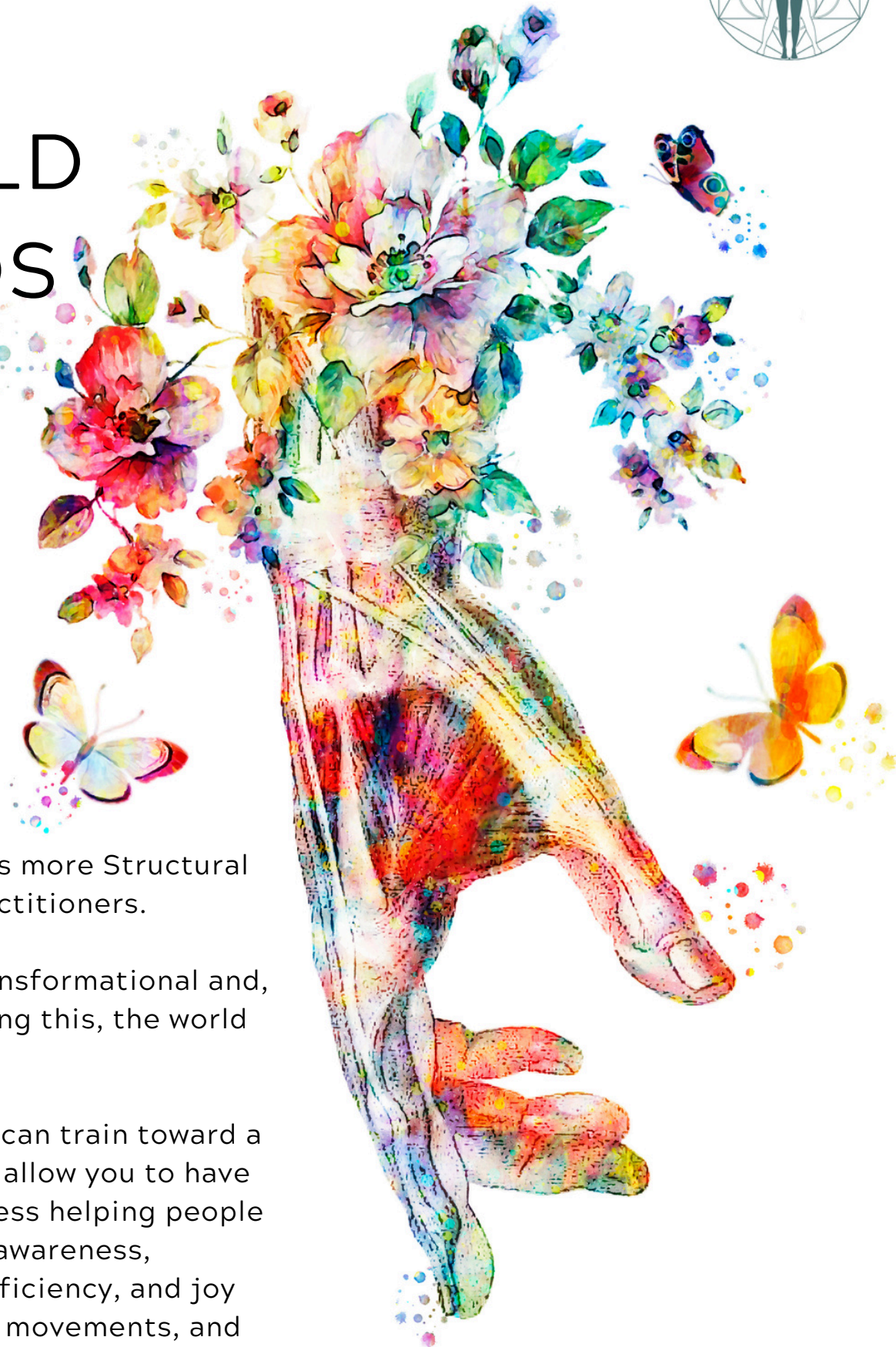
Our mission at SI-BMT is to uphold the highest standards of Structural Integration education and cultivate a new generation of skilled practitioners who are deeply rooted in the principles of Dr. Ida P. Rolf and the classic Structural Integration 10-Series.

Our comprehensive curriculum combines the wisdom of the pioneers of Structural Integration with the expertise from years of experience. We empower aspiring practitioners with a deep understanding of the human body's structure, function, and movement potential in the field of gravity.

Our vision at SI-BMT is to be at the forefront of advancing the field of Structural Integration, shaping the future of health and wellness. Our school serves as a beacon of excellence, producing highly skilled practitioners who are empowered with the knowledge necessary to skillfully address alignment issues, enhance movement efficiency, and promote holistic well-being.



THE WORLD NEEDS YOU



The world needs more Structural Integration practitioners.

This work is transformational and, if you are reading this, the world needs you.

At SI-BMT, you can train toward a career that will allow you to have your own business helping people find increased awareness, adaptability, efficiency, and joy in their bodies, movements, and lives.



PROGRAM OVERVIEW

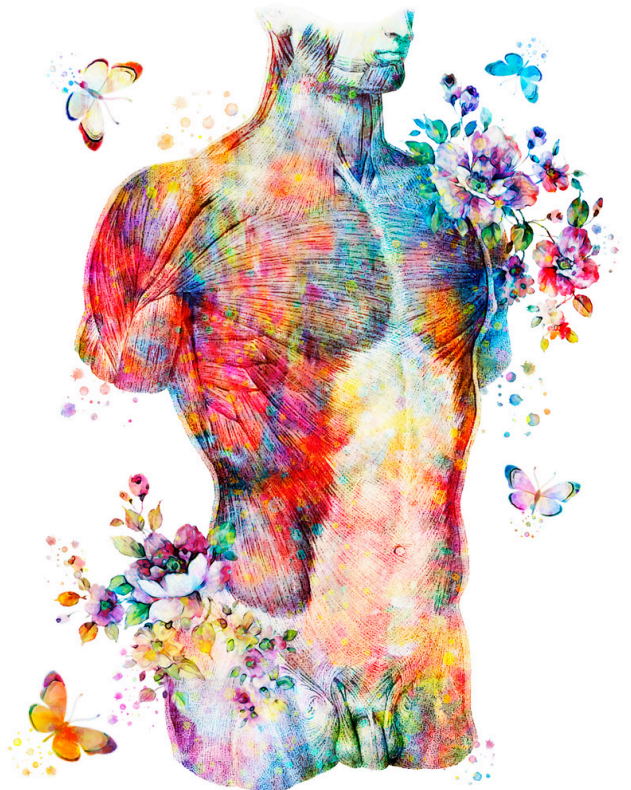
SI-BMT is dedicated to teaching the classic Structural Integration 10-Series as developed by Dr. Ida Rolf. Our mission is to provide comprehensive, high-quality training rooted in Dr. Rolf's pioneering work, emphasizing the art and science of aligning and integrating the body in gravity.

Program Highlights

- Master the principles of Structural Integration through in-depth study of anatomy, fascia, and the 10-series framework.
- Develop expert skills in fascial manipulation and movement education through practical, guided sessions.
- Learn from board-certified Structural Integration practitioners with a deep commitment to upholding Ida Rolf's legacy.
- Receive personalized attention and mentorship to ensure a strong grasp of concepts and techniques.
- Focus on fostering body awareness, improving posture, and enhancing functional movement for lasting client benefits.

Program Objectives

- Instill a deep understanding of how Structural Integration promotes postural balance, functional ease, and well-being in gravity.
- Equip students with the knowledge and skills to practice the classic Rolf 10-series.
- Prepare graduates to establish successful, ethical practices that honor the scope and standards of Structural Integration.





LOCATIONS



LAGUNA BEACH, CA

Laguna Beach is located in southern California right on the Pacific Coast with seven miles of coastline, majestic canyons, and sandy beaches.

Laguna Beach is a year-round haven for art enthusiasts, outdoor explorers, and beach lovers. This scenic destination boasts lush green hills, stunning coastal parks, and hidden beaches.

Combined with its charming small-town vibe and rich artistic heritage, Laguna Beach stands out as a must-visit gem in Southern California. Every inch of coastline is photo-worthy but don't forget to take time to immerse yourself in the local culture. There are restaurants and shops aplenty and every Saturday there is a lovely Farmer's Market downtown to showcase the local farmers and artisans.



CHICO, CA

Chico, California is located just north of Sacramento at the base of the Sierra Nevada foothills.

Known as the City of Trees, Chico's charm is hard to beat. Chico has a vibrant array of restaurants, handcrafted treats, shopping, art, music, and some of Northern California's best hiking and biking. Whether you're drawn to the bustling downtown, serene parks, a vibrant farmer's market, or the warmth of community spirit, Chico is a fun place to be.

Chico boasts one of the largest municipal parks in the nation, Bidwell Park, and it is truly the city's crown jewel. Upper Park's more rugged terrain sits in the beautiful Sierra Nevada foothills, making for more rigorous hiking with fantastic views. Lower Park is more accessible to a wide array of visitors, with paved, level pathways and a thick canopy of trees that provide welcome shade in the summertime.



PROGRAM HOURS

938-Hour Structural Integration Practitioner Training

In-person Training - 488 hours

- Intensive 1: 7 days (56 hours)
- Weekend Modules
 - 4-5 days per month for 10 months: 42 days (336 hours)
- Intensive 2: 12 days (96 hours)

Didactic Learning & Independent Study Manual - 250 hours

Students will complete all coursework outlined in the Independent Study Manual. This includes:

- Approximately 20 hours of independent study per session.
- A 1-to 2-hour independent study review meeting with an assigned faculty advisor will be held per session.

At-Home Practicum - 200 hours

Students will complete four 10-series, with photos and a paper, at their home office. Students will find these four clients to work with (can be friends and family). Students will review all the photos and documentation of all sessions with their faculty advisor.





COURSEWORK

STRUCTURAL BODYWORK

Structural Integration Principles (SIP) I-III

This course provides an in-depth exploration of the history and foundational principles of Structural Integration, emphasizing the relationship between gravity, alignment, and balance in human function. Students gain a comprehensive understanding of how structure affects movement and balance, focusing on concepts such as tensional integrity and myofascial adaptability.

SIP I - focuses on the extrinsic myofascial structures.

SIP II - focuses on the intrinsic myofascial structures.

SIP III - focuses on the integration of the entire structure.

Structural Integration Series (SIS) I-X

SIS I - Session 1

Goal: Opening the sleeve - freeing breath and superficial fascia

Terrain: ribcage, sternum, shoulders, neck, lateral pelvis/leg & hamstrings

SIS II - Session 2

Goal: Support for the body - establishing a relationship with the ground

Terrain: feet, legs, knees, thighs, pelvis

SIS III - Session 3

Goal: Lateral line - creating front/back dimension

Terrain: neck, arms/shoulders, torso, pelvis, thighs and knees

SIS IV - Session 4

Goal: Medial Line - building up core support and strength

Terrain: ankle, knees, medial thigh, pelvic floor

SIS V - Session 5

Goal: Anterior Line - visceral organization and core activation

Terrain: front of the legs, abdomen, psoas, diaphragm, ribs & sternum

SIS VI - Session 6

Goal: Posterior Line - creating a vertical line of symmetry

Terrain: posterior ankle, calves, and thighs; gluteals, deep rotator muscles, sacrum, spine

SIS VII - Session 7

Goal: Adaptability - balancing the neck and head on the spine

Terrain: chest, shoulders, neck, jaw, cranium

SIS VIII - Session 8

Goal: Structural Integration - stability and adaptability

Terrain: lower girdle, legs, hips and pelvis

SIS IX - Session 9

Goal: Functional Integration - contralateral movement

Terrain: upper girdle, arms, shoulders, chest back, head and neck

SIS X - Session 10

Goal: Integration - horizontal lines

Terrain: ankles, knees, hips, diaphragm, neck, cranium





STRUCTURAL BODYWORK cont...

Structural Integration Techniques (SIT) I-III

This hands-on course focuses on myofascial manipulation techniques to improve the structural balance of the human body. Emphasis is placed on developing precision in touch, differentiating layers and tissue types, soft tissue assessment skills, and proper body mechanics.

SIT I - focuses on the extrinsic myofascial structures.

SIT II - focuses on the intrinsic myofascial structures.

SIT III - focuses on core/sleeve balance, asymmetries and counter rotations of the girdles, limbs, back, and neck to achieve integration of the entire structure.

Structural Integration Practicum (SIPR)

In this practicum, students review, further refine, and practice assessment and hands-on skills under the in-person guidance of experienced instructors.

Structural Integration Home Practicum (SIHPR)

In this home practicum, students apply their skills and knowledge to deliver the Structural Integration 10-Series to four community volunteers at home. Students will take pictures of their clients before and after each session, document the session experience, and discuss with their faculty advisor.

MOVEMENT EDUCATION

Gravity and Body Alignment

This course provides an overview of the development of the human form and function, emphasizing factors that interfere with optimal movement development.

Introduction to Structural Integration Movement

An introduction to basic movement principles and movement facilitation. Students learn to observe and analyze movement patterns in relation to the structural objectives of the SI sessions.

Movement Lab 1

In this course, students explore extrinsic (sleeve) movement patterns through experiential exercises which provide a foundation of movement awareness.

Movement Lab 2

This course focuses on movement assessment and experiences designed to establish intrinsic (core) movement.

Movement Lab 3

This course focuses on integration - movement that facilitates intrinsic/extrinsic (core/sleeve) balance, contralaterality at all levels - spine from sacrum to cranium, pelvis, shoulder girdles, and arms and legs.

SI Movement Practicum

Students learn to communicate movement lessons and assist clients in developing awareness of their movement patterns. The purpose of movement education is to maintain and enhance the benefits of the structural integration sessions.

ANATOMY, PHYSIOLOGY, & BIOMECHANICS

Introduction to Body Systems

The purpose of this course is to familiarize students with the systems of the human body and give general descriptions of their structure and function.

Myofascial Anatomy

This course covers the fascial matrix, the relationship of fascia to muscle, superficial and deep fascia, facial planes of the body, and connective tissues. In addition, the origins and insertions of all the major muscle groups are studied.

Applied Human Anatomy and Physiology

This course helps students develop the ability to visually and manually identify the myofascial structures of the human body and to assess joint function including range of motion, end-feel qualities, and neuromuscular and myofascial restrictions.



ANATOMY, PHYSIOLOGY, & BIOMECHANICS cont...

Structural & Functional Assessment 1

The objective is for students to develop an understanding of how the musculoskeletal system provides the functions of balance and alignment for the body. This course includes an overview of the extrinsic musculoskeletal components and their relationship to one another.

Structural & Functional Assessment 2

This course continues the exploration of musculoskeletal relationships focusing on the intrinsic structures of the body.

Introduction to Biomechanics

Based on the principles of connective tissue adaptability and tensegrity mechanics, this course teaches students how to bring balance to the shoulder girdle and pelvis to achieve the goals of structural and functional integration.

Ergonomics

This course applies principles of movement ergonomics that can affect optimal movement functioning.

ETHICS AND BODY/MIND COMMUNICATION

Ethics and the Therapeutic Relationship

This course explores the ethical principles and interpersonal dynamics crucial to a Structural Integration practice. Topics include confidentiality, informed consent, professional conduct, recognizing and managing transference and countertransference, practitioner self-awareness, and maintaining appropriate boundaries.

Body/Mind Communication

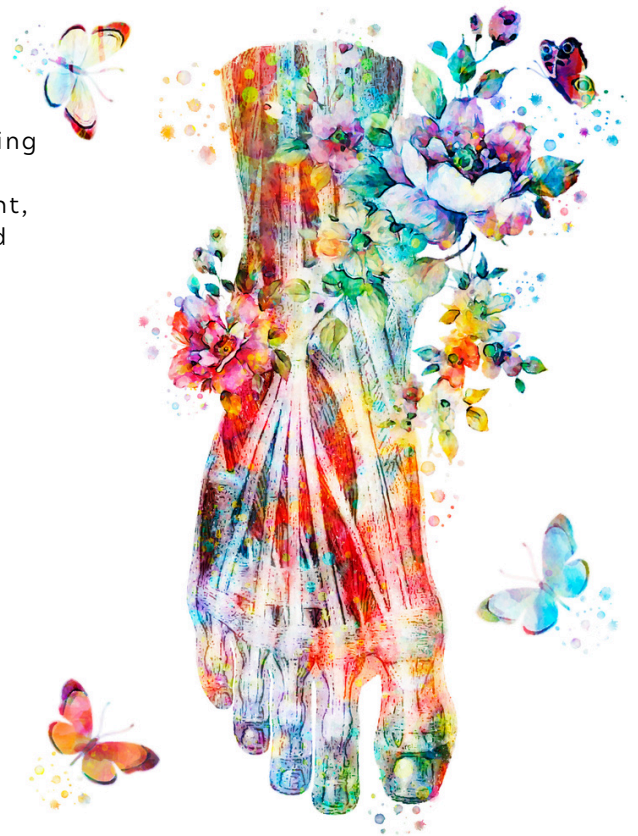
This course delves into the profound connection between the mind and body. Students will gain insights into the relationship between mental, emotional, and physical processes and how these shape human movement and communication patterns.

BUSINESS

Practice Development

This course provides a guide to building and managing a successful Structural Integration practice.

Topics include financial planning, client management, professional and legal requirements, marketing, and business growth strategies.





PROGRAM FACULTY



AIMEE

Aimee Kolsby Cadiz is a founding faculty member and board-certified Structural Integration practitioner and educator located in Laguna Beach, CA. Aimee is a founding faculty member at The New School of Structural Integration in Laguna Beach, CA, and taught there from 2009 - 2020. She was previously on the teaching staff for Hellerwork Institute of Structural Integration in Mt. Shasta, CA from 2003 - 2009 where she was a mentor and faculty advisor for students attending the Hellerwork Practitioner Training. She assisted Liz Gaggini from 2010-2016 and has taught Liz Gaggini's advanced training "Biomechanics of Adaptive Alignment" since 2016.



CARA

Cara Ernest is a founding faculty member and board-certified Structural Integration practitioner located in Chico, CA. With a Bachelor's degree in English from the University of Kansas, Cara began her career teaching children and at-risk youth, eventually extending her efforts to women in a minimum-security prison. Her journey then transitioned into marketing, where she spent a decade honing communication and leadership skills. It was through addressing her own health challenges that Cara discovered the transformative power of Structural Integration. Passionate about the power of education, Cara is committed to advancing SI knowledge—for herself, her clients, students at SI-BMT, and the broader public.



LIZ

Liz Stewart is a board-certified, advanced Rolwing® Structural Integration practitioner and educator based in Boulder, Colorado. She has an extensive background in mentoring both groups and individuals and has been offering mentoring support within the SI community for over 15 years. Currently, Liz has a thriving practice in Boulder, CO. She runs a 501c(3) non-profit called Postures for Peace which brings Structural Integration and attachment education to areas throughout the world in need, and she has launched a mentoring program for students, practitioners, educators within the Structural Integration community so that there is support at every level.



JAY

Jay Bartley is a Certified Advanced Rolfer®, Rolf Movement® Practitioner and Certified Realization Process Teacher. He is the owner of Bartley Rolwing® Structural Integration, located in Silverlake, CA. He has trained at The New School of Structural Integration, The Dr. Ida Rolf Institute, The Realization Process (Meditation, Embodiment and Healing Ground), The Hakomi Institute, National Holistic Institute, The Institute of Psycho-Structural Balancing, Upledger Institute and Equinox.



HEATHER

Heather Valentine is a Board Certified Structural Integration Practitioner and has maintained a thriving practice in South Lake Tahoe, CA since 2011. Heather holds a Bachelor of Science degree in Biology from Purdue University and worked as a wildlife biologist for over a decade before starting a second career as an SI practitioner. She enjoys helping clients find better awareness, balance, and fluidity in their bodies. She especially loves finding tools for clients that they can use daily in their lives to find and maintain better movement habits.



TUITION

Total Tuition: \$15,000

Registration Fee: \$150 (non-refundable)

You may choose from two payment plans:

OPTION 1: Pay Balance in Full

Registration Fee - \$150 Non-refundable; due with application

1st Tuition Deposit - \$1,000 Refundable; due upon acceptance

2nd Tuition Deposit - \$1,000 Refundable; due 30 days before training starts

Remaining Tuition - \$13,000 Paid in full by first day of the first monthly class

OPTION 2: Monthly Payment Plan

Registration Fee - \$150 Non-refundable; due with application

1st Tuition Deposit - \$1,000 Refundable; due upon acceptance

2nd Tuition Deposit - \$1,000 Refundable; due 30 days before training starts

Monthly Payments - \$1,300 x 10 Due on the first day of each monthly class

If you have any questions, please don't hesitate to contact us.

Expenses that are not included in tuition

- Travel, Food, Lodging, Etc. We recommend booking accommodations well in advance, especially during peak training periods.
- Student Liability Insurance Students must get the student insurance offered by ABMP before the start of school. SI-BMT will be named as co-insured.
- Textbooks A textbook list will be sent to you upon acceptance. The cost ranges between \$300-\$500 depending on where you buy the books.

Accepted Payment: Zelle, Venmo, Check, Credit card



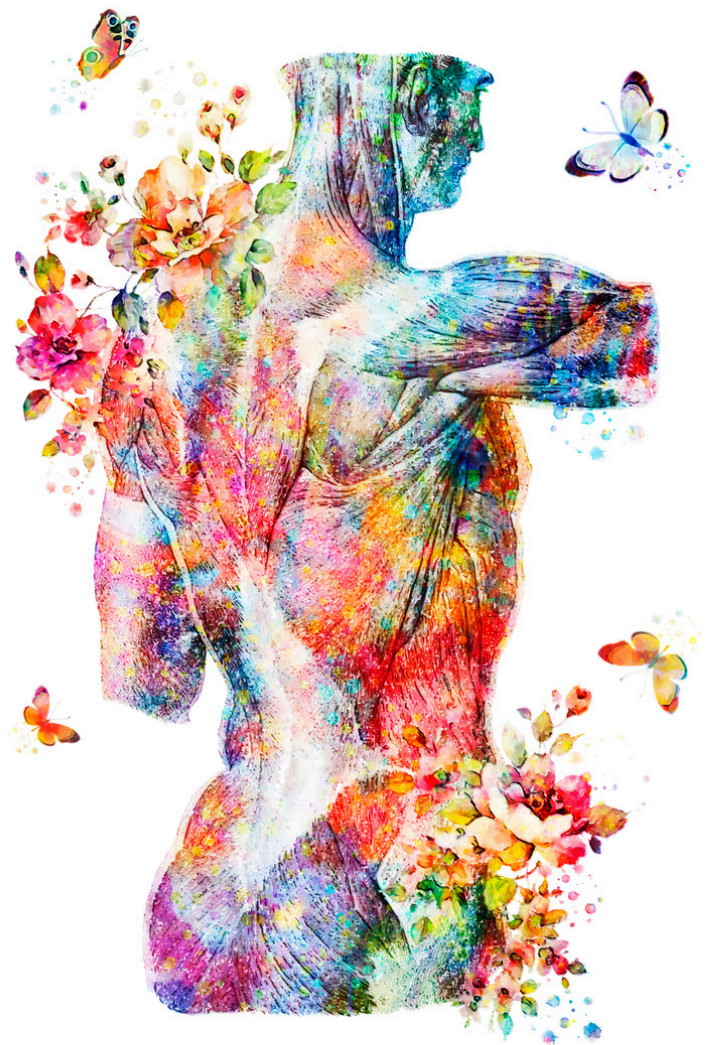
ADMISSIONS REQUIREMENTS

Prospective students must:

- Be at least 21 years of age
- Be a high school graduate or the equivalent
- Receive a full Structural Integration 10-series as a client
- Submit a complete application
- Participate in an Admissions interview
- Demonstrate ability to read, write, and speak in English

To Register:

1. Complete a Registration Application, send to SI-BMT with \$150 registration fee (non-refundable)
2. Schedule admissions interview with the Program Director
3. Upon acceptance into the program, pay \$1,000 to hold your spot



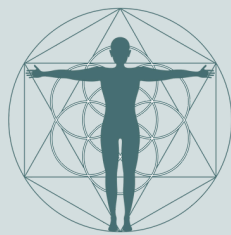


ARE YOU READY?



CALL OR EMAIL
TO RESERVE YOUR
SPOT TODAY!

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