

Mission STATEMENT

The mission of the *Institute for Structural Integration (ISI)* is to provide continuing education for massage therapists and body workers, in the Ida P. Rolf Method of Structural Integration, a process of profound personal transformation.

The school is dedicated to teaching Dr. Rolf's principles, including her three main premises:

1. Structural Integration is both a technique for personal growth and a philosophy representing a way of life.
2. Dr. Rolf's fundamental teaching of the vertical line (a straight line of gravity in a well-aligned body) is an experience of the physical, physiological and spiritual self.
3. The process of organizing the body around the "Line," known as the *Recipe*.

Through these principles, the *Institute for Structural Integration* is committed to helping serve the community through dedicated practitioners who embody Ida P. Rolf's vision of integrating body, mind, and spirit.



7700 Center Bay Drive
North Bay Village, Florida 33141

phone: 305.754.0983
email: john@johnlatz.com
website: johnlatz.com

NCBTMB Category A approved
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Florida Continuing Education
Provider Number: MCE-251

The INSTITUTE for STRUCTURAL INTEGRATION CATALOG

*"When the body gets working appropriately, the force of gravity can flow through.
Then spontaneously the body heals itself." —Ida P. Rolf, PH.D.*





"...there is an ongoing psychological change as well toward balance, toward serenity, toward a more whole person. The whole person evidences a more apparent, more potent psychic development."

Ida P. Rolf, PH.D. 1896–1979

We seek to *Inspire*

Ida P. Rolf was an extraordinary pioneer whose work in the “Human Potential” movement influenced and inspired a generation. Dr. Rolf received her Ph.D. in Biochemistry from Columbia University in 1920. Subsequently her work took her to the Rockefeller Institute where she worked in the department of Organic Chemistry. Later, she began her studies in homeopathic

medicine, osteopathic medicine, yoga, chiropractic, and the Alexander Technique, in search of alternative solutions to family health problems. These studies heavily influenced her thoughts about structural effects on the human body.

Her astounding discoveries working with the chronically disabled in the 1930’s and 40’s eventually came to be known

as Structural Integration. Her curiosity, vision, intuitive nature, and the gift of her hands drove the following 30 years of her life to developing the techniques and training programs in Structural Integration. Dr. Rolf was a rare person with incredible creative insight and the ability to see things in a new way. Her ingenious legacy lives on in the work of Structural Integration.

We seek to continue the

Legacy

John Latz, Institute Director

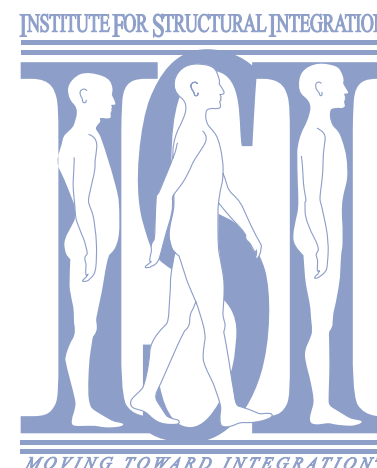


About John Latz: As a true disciple of Ida Rolf in the lineage of the Rolf Method of Structural Integration, John Latz founded the *Institute for Structural Integration (ISI)* in 1992. John received his certification as a Rolfer® in 1985 and his advanced certification in 1987 from the Rolf Institute®. His experience as a Rolfer® was profoundly affected when he began his mentorship with one

of Ida Rolf's foremost students, Emmett Hutchins. This launched a seven year collaboration which helped to shape and develop John's innate skills.

Today, John continues Ida Rolf's legacy at *ISI*. Through his unique teaching style, John's integrity, sensitivity, and keen awareness of the body inspires and empowers his students.

His skilled mastery in fascial layering and intuitive understanding of Dr. Rolf's work is renowned throughout the Structural Integration community. His ability to teach this gift is unsurpassed. John is also a Reiki Master and has taught this form of energetic healing to over 3,000 people throughout the United States.



Beginning REQUIREMENTS

The training program at the *ISI* requires that students be well-qualified, highly motivated individuals. It is necessary to demonstrate a variety of skills and a depth of maturity in order to undertake this training. The following are needed to prepare for training:

1. COMPLETION OF TEN BASIC SESSIONS

Before applying to *ISI*, we recommend you take a minimum of six months after your 10 session series to integrate and embody the work. Candidates for S.I. training are also encouraged to experience the advanced five series. The more work you experience prior to training, the better your understanding.

2. PHYSICAL APTITUDE

The work of Structural Integration is physically demanding. You must be healthy and have a competent structure, that demonstrates structural support and connected, integrated movement.

3. DEMONSTRATED SUCCESS IN LIFE

You must show a demonstrated ability to undertake and complete

a task over a period of time. Professional, business, educational or personal accomplishments meet this requirement.

4. MASSAGE TRAINING

It is necessary to have massage training and experience. This requirement may be met in any of the following ways:

- A professional course of study at a massage or bodywork school.
- Documented training or tutorial experience with a private, experienced massage teacher.
- Professional training as a Physical Therapist, Occupational Therapist, or Chiropractic Doctor.

5. CONNECTIVE TISSUE MASSAGE COURSES

All candidates are required to complete the prerequisite courses in Connective Tissue Massage. These classes are offered by the *Institute for Structural Integration*.

6. STUDIES IN HUMAN ANATOMY, PHYSIOLOGY AND KINESIOLOGY

A working knowledge of human anatomy (with emphasis on the musculoskeletal system), as well

as physiology and kinesiology is needed. This requirement is only the beginning of a lifelong learning process about the human body and its structure, function, and movement. These requirements can be met by:

- Courses completed through a massage school.
- College courses.
- Independent Studies.

7. PSYCHOLOGICAL PREPAREDNESS

The practice of Structural Integration evokes changes in all aspects of one's being. A candidate must have the personal experience and insight to facilitate these changes. Specifically, a candidate must demonstrate academic understanding, self-awareness, and the ability to be present and aware of other people's processes. There are a number of ways you can satisfy this requirement. College courses, workshops, or individual and group psychotherapy are a few approaches in which a candidate may gain psychological awareness and understanding. At *ISI*, we look for both the knowledge of this process and how you have personally integrated the work.

Study

ON THE BEACH

Experience Miami's Sun, Fun,
Night Life on South Beach ...

... and MAKE A DIFFERENCE
in how your area is run



Teaching METHOD

We seek to

Teach
through Mentorship

THE ISI TEACHING METHOD

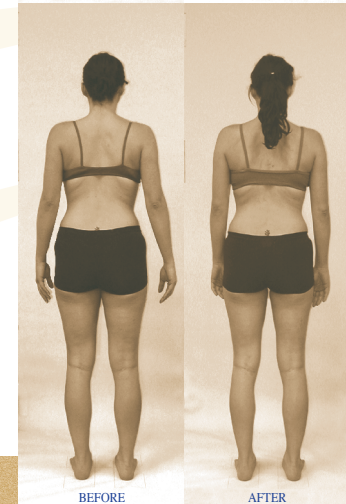
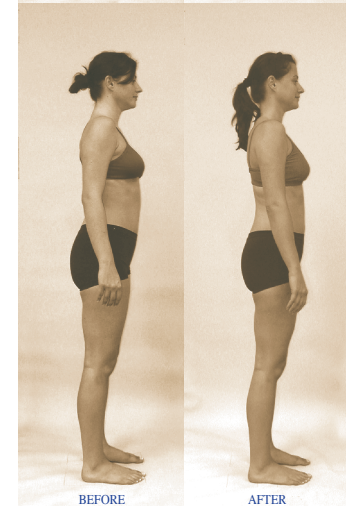
The goal of the *Institute* is to keep the integrity of Ida Rolf's teachings. Your focus is to learn to embody the premises of Dr. Rolf's work in a "living" laboratory.

The teaching of Structural Integration at *ISI* has evolved into a mentorship program with a conscious intent for each and every student to experience the profound initiation of "self" that Structural Integration represents.

The individual instruction you receive in the mentorship training at *ISI* gives you the advantage to immerse yourself into Dr. Rolf's work at an accelerated rate.

The awakening of the Rolf Line is the foundation of Structural Integration.

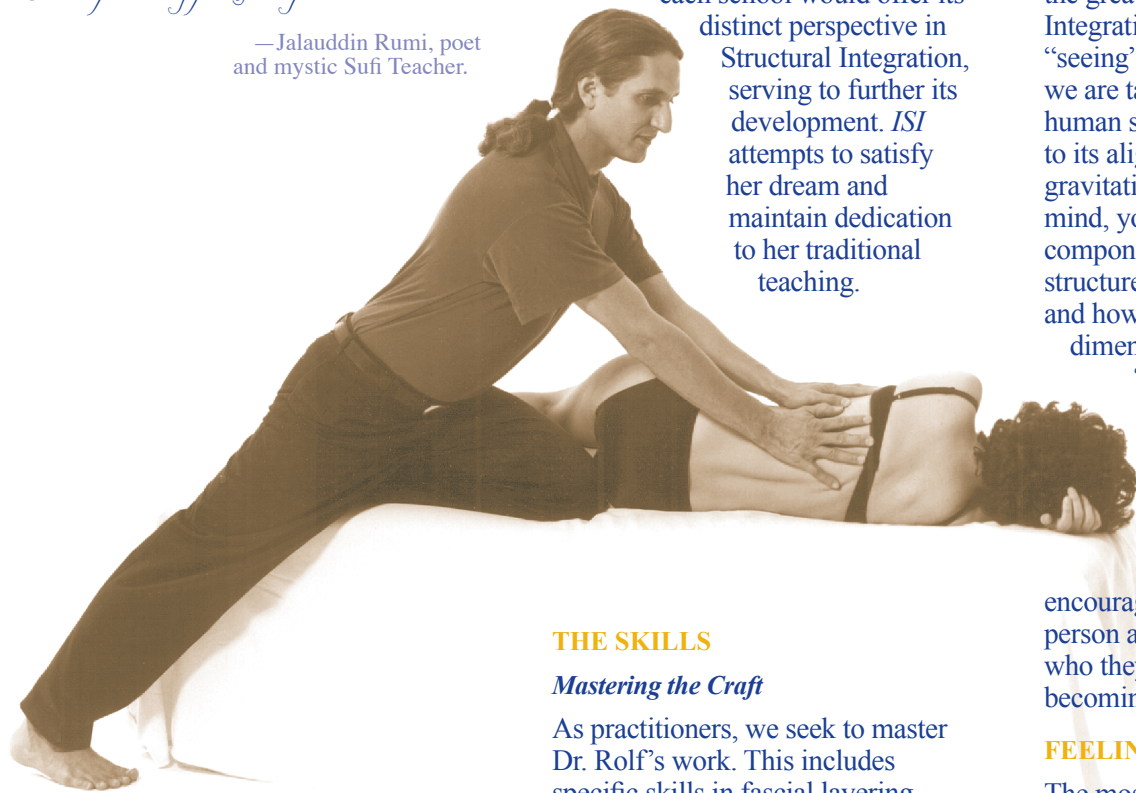
Body mechanics, fascial layering, and core presence are the cornerstones of the program.



Technique

*"Inside your body is a priceless treasure.
A gift from the eternally generous One.
Look for the gift inside you."*

— Jalauddin Rumi, poet
and mystic Sufi Teacher.



DR. ROLF'S WISH

Ida Rolf's wish was to have a number of different schools promoting her work. She felt that each school would offer its distinct perspective in Structural Integration, serving to further its development. *ISI* attempts to satisfy her dream and maintain dedication to her traditional teaching.

THE SKILLS

Mastering the Craft

As practitioners, we seek to master Dr. Rolf's work. This includes specific skills in fascial layering, "seeing" human structural alignment and movement patterns, and the underlying concepts of the principles and metaphysical considerations in her recipe.

THE ART OF "SEEING" HUMAN STRUCTURAL ALIGNMENT

Dr. Rolf taught, "Sight is touch at a distance." She considered this the greatest challenge of Structural Integration. When we speak of "seeing" in Structural Integration, we are talking about viewing the human structure in relationship to its alignment in space and the gravitational field. With this in mind, you'll first learn the essential components of analyzing the human structure in a standing position, and how it moves within a three dimensional space. You'll learn to

"see" a person's structural patterns by identifying how a person carries or holds him/herself and "seeing" the changes in the patterns that need to be made. *ISI's* program encourages students to "see" a person as they were in the past, who they are now, and who they are becoming.

FEELING THE CORE

The most critical component is learning how to "see" with your hands. This is called fascial layering. Layering fascia means balancing the innermost (intrinsic) muscles with the outermost (extrinsic) muscles.

Manipulating fascia is key to becoming a successful practitioner. Regardless of how well you can "see" structure, it's ultimately your ability to manipulate the fascia that determines what structural changes occur. *ISI's* distinct approach to teaching fascial layering is done with specific individual instruction in the following:

- Learning to feel layers of fascia.
- Exploring energetic qualities of tissue and how each layer responds to touch.
- Using your intuition together with your palpation skills.

"...no situation exists in a human which a psychologist would diagnose as a feeling of insecurity or inadequacy unless it is accompanied by a physical situation which bears witness to the fact that the gravitational support is inadequate."

— Ida P. Rolf, Ph.D

Integration

INTEGRATING HUMAN STRUCTURE

The *Recipe* is the culmination of Dr. Rolf's lifetime work and is structured as a ten-session sequence of fascial manipulation and movement re-education. The *Recipe* is not a technique. It is a process of understanding and implementing structural balance through the body's fascial connections and their relationship around a vertical line within the gravity field. Students gain a great deal of wisdom about the human structure when they meet the challenge of applying the Recipe to an individual body. At this point, Structural Integration becomes an art.

THE ROLF LINEAGE

At the *Institute for Structural Integration* we believe that Ida Rolf's teachings convey a great deal of wisdom about the body that can only be fully understood and appreciated through the experience of her Lineage.

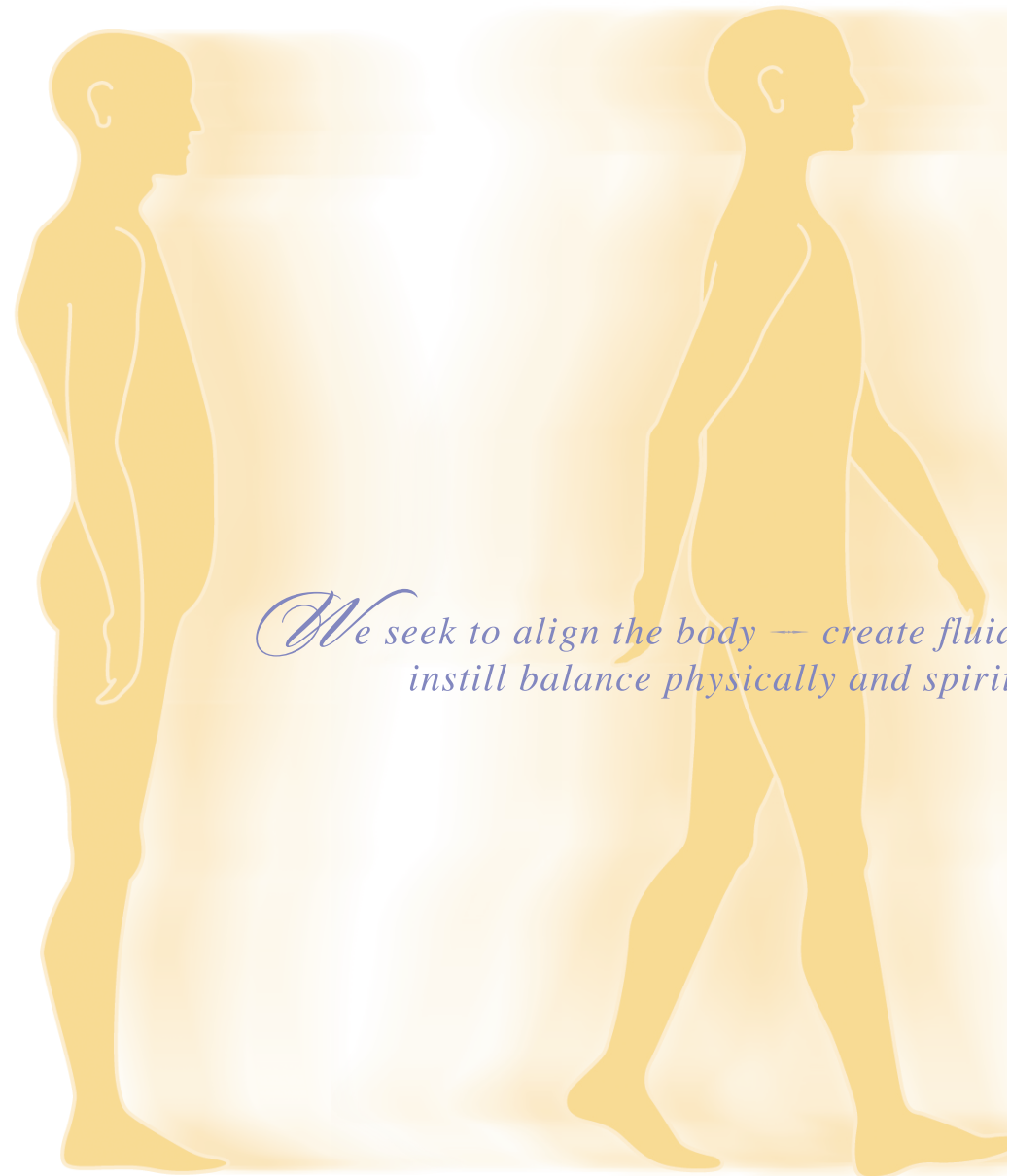
Ida Rolf had a gift – with her hands and her vision – and that gift was expressed and transmitted through her Structural Integration work to some of her students. We feel it is imperative that students of Structural Integration receive this

vital transmission from a teacher who also possesses those gifts.

Like links in a chain, the essential vitality of her teachings is passed on from one generation of Structural Integration teachers to the next. At the *Institute*, we honor and respect Dr. Rolf's search, sacrifice and commitment that made Structural Integration available to us today. The *Institute* seeks to ensure that her lineage remains intact, and that each student becomes part of this living lineage.

THE ROLF LINE

Among Dr. Rolf's many contributions to humanity, the most important was that of organizing the human structure around a vertical line within the earth's gravity field. This gravity line is the balance point of the tensional forces in the body. Known as the Rolf Line it is a "lived experience" which belongs to all human beings. It is our divine birthright – a potent metaphor of profound somatic and spiritual truth – that our bodies yearn to feel. The awakening of the Line is no less than a transcendental initiatory experience. To embody one's Line ultimately unveils one's individual gifts, and the realization of how to share them in the world.



*We seek to align the body — create fluidity —
instill balance physically and spiritually*

Initiation

fluid movement —
spiritually.



THE SPIRITUAL INITIATION OF AN S.I. PRACTITIONER

As the Director of the *Institute for Structural Integration*, I want to share my own personal experience of the Rolf “Line”. It reveals my understanding of Dr. Rolf’s work and the approach I use in my teaching.

In 1985, when I first began studying Structural Integration, my own spiritual initiation with the Line eluded me until one fortuitous encounter with a true master of Ida Rolf’s teachings, Emmett Hutchins. It was Hutchins who brought me further into my own “Line” through the embodiment of his own.

I vividly recall the night my awareness of Structural Integration was radically altered. I was walking home after class from the Rolf Institute® on a very cold, clear December night. I had just finished receiving the last of an extraordinary three-session series from Hutchins in a six-day continuing education workshop.

That night, I truly experienced the profundity of my Line.

As I walked home, I felt my feet connect not just to the ground, but also deeply into the core of the earth. I can only describe it as a tangible, magnetic relationship to the earth’s gravitational field. It was more solid than anything I had ever imagined. The top of my head felt wide open, energetically expanding toward the sky. In this state, every intention of lengthening upon my Line, each breath I took, evoked a blissful state of being. Waves of energy washed through me, transcending the physicality of my body. I perceived in my mind’s eye a stream of light vibrating through my being, revealing a new realization of self. I had become the Line.

EXPANDED CONSCIOUSNESS

This sublime state of expanded consciousness reminded me of what the yogis and ancient mystics have spoken about: The Line or Channel within our physical bodies where the currents of our life-force energy flow – the prime circuitry capable of dramatically altering and expanding our consciousness in unfathomable ways. Needless to say, I was lost in the bliss of the experience and it took me two hours to walk the three blocks home that night.

MY LIFE WOULD NEVER BE THE SAME AGAIN.

Structural Integration is clearly a spiritual initiation capable of unlocking our most sacred self. Receiving Structural Integration at its highest form is meant to be an initiatory rite of passage. I believe that Ida Rolf’s recipe was designed as a ritual to create an opportunity for just such an experience to occur.

Although Dr. Rolf herself may never have referred to her work as an initiation, I remain certain that many who were touched by her would describe their experiences of coming into their Line, and the opening of their core, as such. My personal experience is a connection to the divine, and I have found that embodying this new, personal perspective of Dr. Rolf’s work brings forth an expansive paradigm. This allows for radical improvements in both a practitioner’s awareness and their results in Structural Integration.

This is the inspiration that formed the creation of my school: *The Institute for Structural Integration (ISI)*.

Fundamentals of MENTORSHIP

ISI's training program in Structural Integration is taught in two phases. On a daily basis, students observe demonstrations of each of the ten sessions with a detailed explanation of the work from the instructor. Students are allowed to ask questions, palpate, and assist the instructor during the demonstrations. This type of instruction will help develop skills in seeing, layering, and understanding Dr. Rolf's recipe.

Phase II consists of hands-on classroom application of the skills acquired in the previous phase. Abiding by Dr. Rolf's tradition, each student will exchange all ten sessions with a designated classmate during class. In addition, students perform the ten sessions of Structural Integration with three models from the community. The instructor closely supervises all of the manipulation work. In this context, the strengths and challenges of each student can be addressed. The immediate and personal feedback from the instructor enhances the learning process.

PHASE I:

1. Introduction to Dr. Rolf's theories and ideas.
2. Fascial anatomy from an experiential, hands-on perspective.
3. "Seeing" the human structure and how it aligns itself in space, and the relationship between the structure and the gravity field.
4. Fascial palpation, manipulation and layering.
5. Advanced body mechanics.
6. The Recipe: The fundamental teaching of how to organize a human structure around a vertical line within a 10-session sequence of fascial manipulation and movement re-education.
7. Movement re-education.
8. Reiki I*.

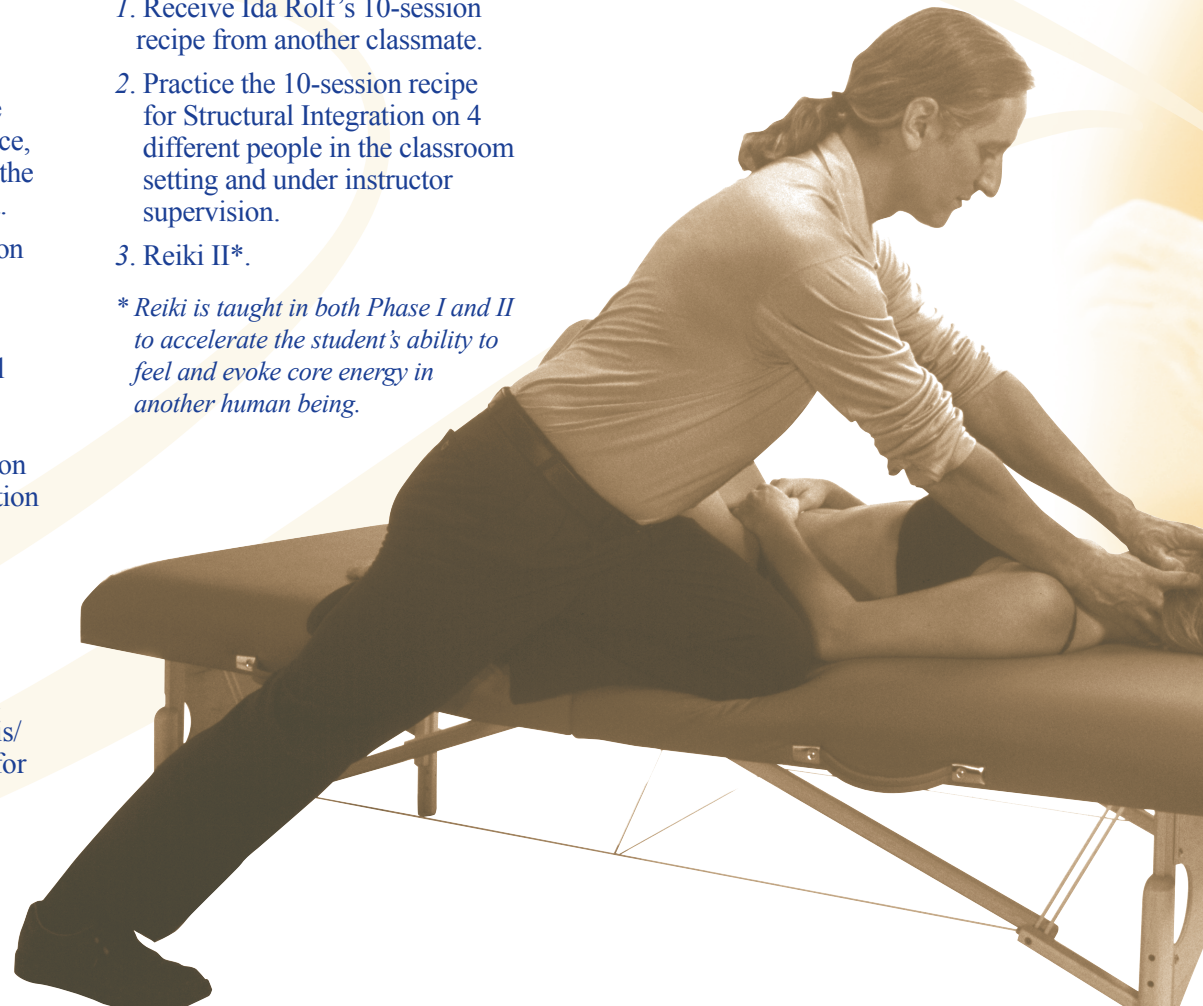
Once *Phase I* is completed, each student will go through an interview process focused on his/her progress and preparedness for *Phase II* advancement.

PHASE II:

Clinical Practicum in Structural Integration.

1. Receive Ida Rolf's 10-session recipe from another classmate.
2. Practice the 10-session recipe for Structural Integration on 4 different people in the classroom setting and under instructor supervision.
3. Reiki II*.

** Reiki is taught in both Phase I and II to accelerate the student's ability to feel and evoke core energy in another human being.*



Pre-Requisites

and CONTINUING EDUCATION

PRE-REQUISITES

The *Institute* requires all prospective students to complete the Connective Tissue Massage (CTM) courses prior to applying to the school for admission.

Connective Tissue Massage I

- Theory of Connective Tissue Massage
- Anatomy of fascia and related structures
- Fascial layers and planes

- Hands-on instruction and practice
- New body mechanics
- Development of palpation skills
- Manipulation of the superficial layer of fascia

Connective Tissue Massage II

- Evaluation procedures
- Hands-on instruction and practice
- Palpation techniques of deeper fascial layers

- Advanced techniques of fascial manipulation
- Movement cues for the client
- Whole body inter-relationships
- Case studies
- Integration of Connective Tissue Massage with other modalities.

You may contact the *Institute* for details regarding dates and locations of Connective Tissue Massage courses.

CONTINUING EDUCATION

Six-day Workshops

Students review the 10-session series and study the post-10 three series in more depth. Class members give and receive the three-series with each other, as well as with models. Special attention is directed toward understanding the creative process of integrating a structure and refining the fascial layering skills through four-handed work.

Advanced Training

Students learn the advanced 5 series sessions in Structural

Integration. The 10-session series is reviewed and re-evaluated to develop greater understanding and sophistication in dealing with structural relationships, integration, and movement. Through lectures, demonstrations and group discussions, you'll explore:

1. Advanced theory and principles of SI
2. In-depth focus on refining skills
3. How to apply the advanced series with colleagues during the class
4. Work with models

Participation in the Advanced Training Program is open to all *ISI* graduates. It's recommended that candidates maintain a practice of 3-5 years before applying.

Post-Advanced Training

The Post-Advanced Training Program is offered to individuals who desire further study, guidance, and exploration in Structural Integration. This training focuses on a deeper understanding of all previously learned material. This is a special opportunity for students to apprentice with John Latz in an individualized program.

*We seek to... Wake the body.
Encourage presence.
Live from the core.*

Admissions and ENROLLMENT REQUIREMENTS

FORMAL LETTER OF APPLICATION

A formal letter of application should be submitted detailing your experience with Structural Integration and how it has affected your life. Discuss your reasons for enrolling in the Structural Integration Training Program and your plans for a commitment to the work.

CURRICULUM VITAE

Copies of transcripts, diplomas or other documentation are necessary to verify your study in massage, anatomy, physiology, kinesiology, and other courses related to preparation for Structural Integration training. In some instances you might need your instructors to write a letter of recommendation regarding participation in the training.

NON-REFUNDABLE DEPOSIT

Your application must include a non-refundable deposit of \$350, which will be applied to your tuition.

Please make checks payable to *The Institute for Structural Integration* and mail to:

Institute for Structural Integration
Attn: John Latz
7700 Center Bay Drive
North Bay Village, Florida 33141

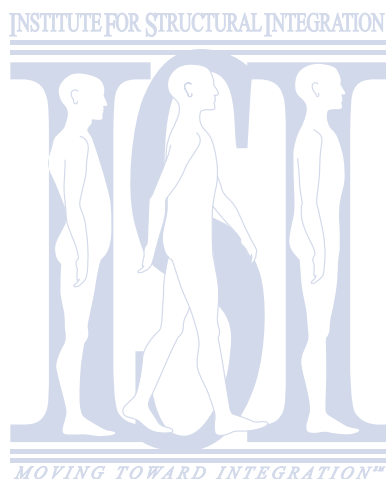
The items above must be submitted *no later than four (4) weeks prior to the first day of Phase I.*

Once entrance requirements have been met, the Director of the *Institute for Structural Integration (ISI)* determines the student's readiness for admission into training. Admission interviews are conducted either in person or by phone with the Director. If the Director finds the student is not ready to continue, he/she will be told specifically what is needed to work on before being accepted. Upon acceptance, the student will be sent an Enrollment Agreement, Code of Ethics, Standards of Practice and other pertinent information.

John Latz is a Category "A" Provider for the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). *The Institute for Structural Integration* is on the NCBTMB approved/exempt school list. Graduates of *ISI* are eligible to sit for the National Certification Exam.

The Institute for Structural Integration does not discriminate against race, sex, religion, sexual orientation or age.

Disclaimer: The Institute for Structural Integration is not a regulatory agency and is therefore, not responsible for any actions or activities on the part of the practitioner once he or she has graduated from ISI.



Standards of PRACTICE

PREAMBLE

The Ida P. Rolf Method of Structural Integration is a cooperative venture between Practitioner and Client, defined primarily by intention, rather than technique.

STRUCTURAL INTEGRATION:

- is dedicated to the exploration of the concept that the human body has transformational potential for the total being.
- observes that living bodies have accompanying energy fields that shift the structure, producing concomitant changes in these energy fields.
- postulates that personal well-being manifests as a more ordered relationship with the energy fields of the earth.
- teaches that the structure of the body is supported and reinforced by the gravitational field of the earth. Establishing an improved dynamic relationship between the individual and gravity evokes a change toward better function.
- is the concept of order that manifests as a dynamic symmetrical balance expressed around a vertical line.
- is the freedom from holding patterns created by unresolved history, thereby gaining a more integrated form.
- is primarily achieved through education, by releasing and reorganizing the myofascial network through the use of hands and elbows with controlled pressure and direction.
- is initiated by a standard series of 10 sessions. This progression leads to a new level of integration, which allows spontaneous, continuing change to occur toward higher levels of function.
- is a progression toward balance and may be continued or accelerated beyond the 10 sessions through further sessions of Structural Integration.