

Reading List

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The following texts will be referred to in the training and you will find it helpful to have your own copy:

Andrew Biel **Trail Guide to the Body 3rd Edition**

John Smith **Structural Bodywork: An introduction for students and bodyworkers**

Michael Stanborough **Direct Release Myofascial Technique (Can be purchased here)**

Please read the following texts prior to the training:

Rolf, Ida **Rolfing: Re-establishing the Natural Alignment and Structural Integration of the Human Body for Vitality and Well-Being**

Schleip, Robert **Fascial Plasticity – A New Neurobiological Explanation (2 parts) Download #1 Here**

Download #2 Here

Having a high quality visual anatomy atlas can be helpful. I like these classics.

Carmine Clemente **Anatomy: A Regional Atlas of the Human Body**

Frank Netter **Atlas of Human Anatomy**

Many of the apps for mobile devices are also very good and probably more appealing in this day and age.

Suggested reading:

Thomas Hanna **Somatics** Some of the most meaningful contributions to bodywork come from philosophers with the foremost of these being Thomas Hanna, Ph.D.. While this is not about Structural Integration per se it is a seminal text that has an abundance of insights into body-mind-society relationships.

Jeff Maitland **Spacious Body** This is Structural Integration examined through the lens of the system of philosophy known as phenomenology. I personally enjoyed it although the feedback from students has been mixed.

Stanley Rosenberg **Accessing the Healing Power of the Vagus Nerve** A wonderful work on the clinical implications of Polyvagal theory.