



About Your Instructors

Kate **C**lark began her education in bodywork in 1984 as a LMP in Washington state and in Hawaii. In 1986, wanting to broaden her education and eager to learn structural realignment, she enrolled with Dub Leigh from the International Zentherapy Institute of Honolulu. After becoming an advanced Zentherapy practitioner, as well as trigger point therapist, she began practicing this advanced training and has been doing so for over 20 years. Kate is now passing on her techniques to individuals who are ready for a deeper insight and lasting change for their body.

Katherine **C**antrell has owned and operated a LMP business in downtown Seattle since 1986. She is skilled in numerous massage and bodywork techniques. In 1993, Kate Clark introduced her to Zentherapy Bodytherapy and she began intensive training for 8 years in structural realignment and muscular integration. Her practical experience in bodywork is over 1,000 hours per year. Katherine has a commitment to training individuals in her skills and expertise honed over the years; to simplify and facilitate incredible healing.

Kate and **K**atherine's passion is in teaching a simple step system for optimum function of the body. This system is cost effective, has a low student to teacher ratio, and takes place in a setting that instills learning.



Muscular Integration

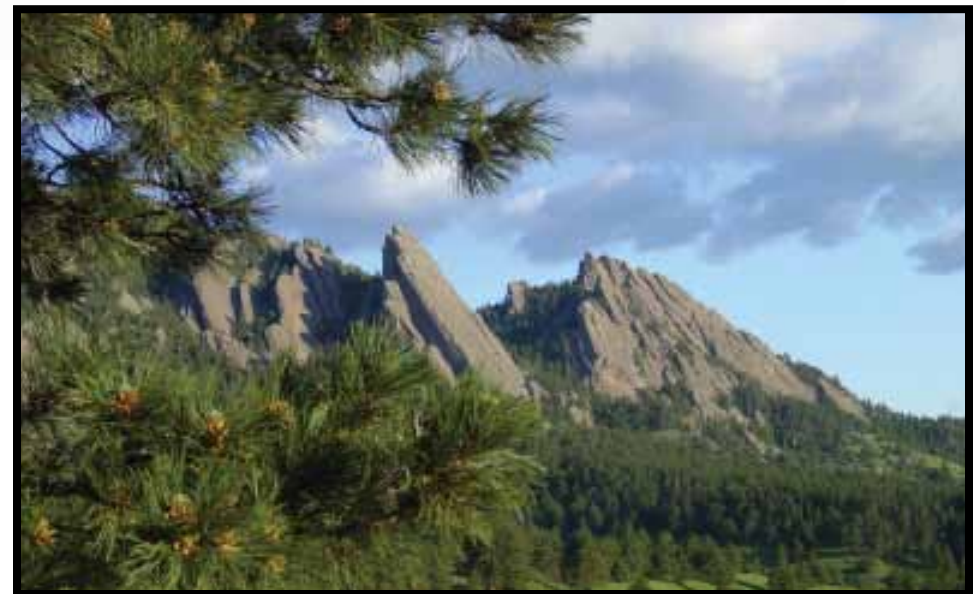
Institute for Body Therapy

2012 Workshops

www.omibodytherapy.com

Email: info@omibodytherapy.com

A curriculum for individuals to learn the optimum function of the body and integrate the body with the mind and spirit.



Curriculum for Body Therapy

Structural Realignment-Ten Session Body Therapy A Simple Step System

Ten Session Body Therapy is a process of unfolding, unwrapping and unwinding of the body and structural realigning and resetting the neuromuscular programming of the body to the optimum function. Through this process one is renewed to a natural state of ease, grace and awareness in movement and oneness. Each session is for a particular process, plane and part or parts of the body. Sessions I, II and III are complete and whole in themselves and they do not require further Sessions, however; neuromuscular reprogramming for lasting change and optimum function is not addressed.

You will learn in each Session:

Assessment – Comprehensive postural evaluation before and after a body therapy session

Positioning – Supine, lateral and prone positions specific for structural realignment

Clearing – Tools to use before and during body therapy

Balancing – Techniques for putting together for maximum effectiveness

Hands On – Session Bodywork as a practitioner and as a client

Meditation – Sitting Meditation incorporating structural alignment and breath work

Omi Muscular Integration

Kate Clark, LMP and Katherine Cantrell, LMP

www.omibodytherapy.com Email: info@omibodytherapy.com
206.623.5009

Curriculum for Body Therapy

STRUCTURAL REALIGNMENT - Ten Session Body Therapy A Simple Step System

Sessions I, II and III are complete and whole in themselves and they do not require further Sessions, however; lasting change and optimum function is not addressed. In Sessions IV and V neuromuscular reprogramming begins. Participants need to complete Sessions IV-X for optimum function of the body and all neuromuscular reprogramming.

The Superficial Layers

SESSION I - Opening the Breath to the Body and overall structurally rebalancing and realigning. Mainly frontal & postural planes of the body - a structural realignment of neck, arms, shoulders, legs, chest and back.

SESSION II - Vertical realignment-Standing tall, grounded and at ease - emphasis on the frontal & postural planes of the body - neck, shoulders, legs and feet.

SESSION III - Lateral realignment - Reversing the gravitational pull, compression and curvature on the body. Lateral plane and edge of the body-shoulders, arms, chest, low back, hips, legs, and feet.

Sessions I through III are prerequisites to Sessions IV-X.

The Internal Layers

SESSION IV-X - Specific Areas and Planes of the Body with Neuro-Muscular Reprogramming for Lasting Change and Optimum Function.

Session IV-Lifting the Body from within-the center plane and core-a start of the neuro-muscular reprogramming. **Session V**-The other half and completion of IV. **Session VI**-Balancing the back plane of the Body. **Session VII**-Repositioning the head and neck with the previous changes. **Sessions VIII-X**-Instilling the Postural Line and Extensive Core work.

Omi Muscular Integration

All courses are held at a facility bordering the Boulder Wilderness that supports and nurtures individuals in their quest for learning and growth.



Muscular Integration

Registration Form

The Omi Institute offers courses for a simple step system to Structural Realignment - Ten Session body therapy - optimum function of the body. Ten session body therapy is a process of unfolding, unwrapping and unwinding of the body. Sessions I through III are complete and whole in themselves and do not require further Sessions. Sessions I, II, & III are prerequisites to Sessions IV-X.

The facility is located bordering the Boulder Wilderness 20 miles east of the City of Arlington - 31124 Boulder Creek Drive, Arlington WA 98223
www.omibodytherapy.com Email: info@omibodytherapy.com

When: **Overview Introductory Class**
May 2012
Session I, Session II, Session III
Begin June 2012
Sessions IV-X
Begins September 2012

Time: Overview Intro-10 am to 1:30 pm
Sessions 9 am to 6 pm

CME: Washington State Certification
3 Hour Credit-Overview Intro
8 Hour Credit-Each Session

Cost: **Visa/MC or checks made payable to OMI**
Overview Intro - \$45
Sessions I, II, III \$350 in advance,
or \$150 for each session
Sessions IV-X \$875 in advance

Mail To: Omi Muscular Integration
1402 - 3rd Ave, Suite 1428, Seattle, WA 98101
(206) 623-5009

Name _____

Address _____

City _____ State _____ Zip _____

Phone (Day) _____ (Evening) _____

Email _____

OMI MUSCULAR INTEGRATION IS A SYNTHESIS OF MASSAGE AND BODYWORK TECHNIQUES

Omi works on the deep tissue of the body with the right amount of pressure as needed at the time of the treatment. Individuals learn how to use breath, posture and awareness to realign the body to its optimum functionality.

OMI MUSCULAR INTEGRATION CREATES A DYNAMIC CHANGE IN THE BODY'S PHYSICAL AND MENTAL CAPABILITIES

Omi works in progressive treatments. Omi works on and improves the multifaceted layering of the body. In each body treatment the body unfolds to more ease, grace and relaxation. When the body improves so does one's mental and emotional state. Breath, posture and awareness are tools that incorporate and maintain the change.

OMI MUSCULAR INTEGRATION WORKS FOR INDIVIDUALS THAT WANT TO MAKE LASTING CHANGE AND IMPROVE THEIR PHYSICAL FUNCTION

Pain is an indicator that a misalignment or holding in the body needs to be addressed. The body needs to release the strings, lumps and bumps for optimum functionality. The purpose of Omi is to release and realign the body to its optimum functionality.



1402 – 3rd Ave, Suite 1428

Seattle, WA 98101
