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◆ <u>Structural Integration</u>

Structural Integration is an original form of transformational bodywork that takes a systematic approach to balancing an individual's physical structure in relationship to earth's gravitational field. The Ten-Series is a set of ideas which serve as a foundation for the exploration of space, balance, flexibility, and strength that encompass the process of Structural Integration.

The Ten-Series Illustrations

These images are a visual exploration and expression of the many layers of relationship one can experience in the Ten-Series. The illustrations serve as detailed maps to the intentions and goals of the individual sessions of the Ten-Series and to Structural Integration as a whole. As such, they can help both the client and practitioner understand, strengthen, and enjoy the Structural Integration process. Although "the map is not the territory," we believe the Ten-Series Illustrations contain some of the most vivid visual ideas ever presented to help understand the process of Structural Integration.

"The best representation of the work besides the work itself."

Steve Kraft – GSI Practitioner

The Artist

Christopher Carson is a GSI certified Structural Integration practitioner, an architect, and instructs both Yoga and Tai Chi. He lives in Amarillo and practices in both Amarillo and Austin, Texas.

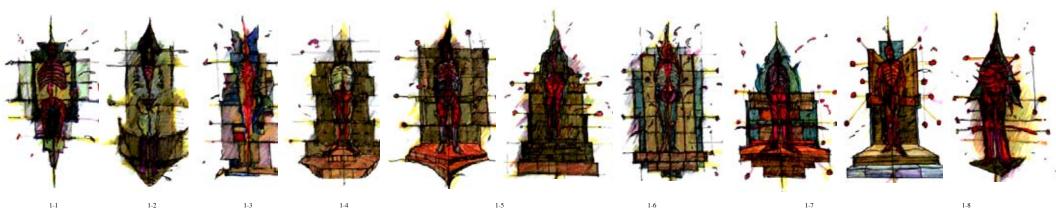
Structural Integration

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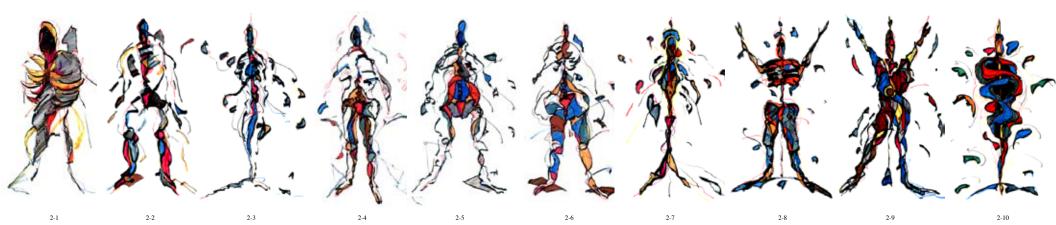


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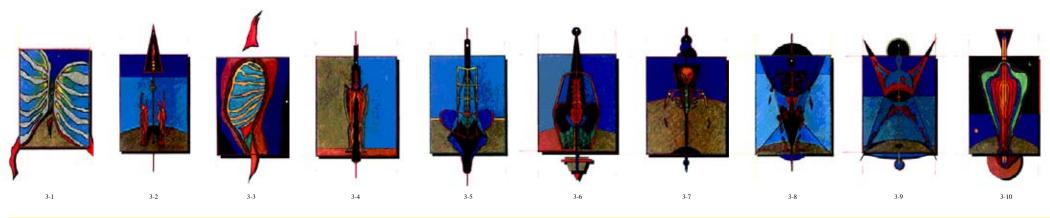
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