

The Anatomy Trains Structural Integration (ATSI) method, as developed by Thomas Myers (advanced Rolfer, anatomist and author of *Anatomy Trains*), is an evolved approach that uses advanced myofascial techniques to remove restrictions in the fascial system and involves movement re-education to restore function to our structure as a whole. In 2008, Jenny completed Thomas Myers' accelerated program in Kinesis Myofascial Integration and has participated in multiple dissections of human cadavers with Myers to further her understanding of the body. *Structural Integration is based on the pioneering work of Dr. Ida P. Rolf.*

How is SI different from massage, chiropractic, osteopathy or other hands-on techniques?

Structural Integration (SI) is NOT massage or a deep tissue technique. Massage focuses on muscle tissue while chiropractic and osteopathic techniques use boney manipulations. SI is vastly different and is a more holistic approach to the body. It works by releasing and reorganizing your body's fascia. In addition, visceral and peripheral nerve therapy (one of Jenny's specialties) is a unique listening technique that encourages normal mobility, tone, blood circulation, lymphatic drainage and neural regulation of internal organs and surrounding tissues. Most importantly, SI addresses the fundamental cause of the imbalance.

testimonials

Jenny brings a level of integrity and knowledge that allows me to recommend her services without hesitation. I feel in this community we are lucky to have a yoga instructor and therapist such as Jenny Otto. Her knowledge in combination with a compassionate approach towards others sets her apart as a yoga instructor and therapist.
- Jeff M. Kucine, DO

Jenny is a knowledgeable and skilled practitioner and teacher. Jenny is sensitive and compassionate in her approach to both individuals and groups and has an insatiable appetite for information and training that will afford her greater opportunities to be in service to her clients and her craft.
- Rich Goodstein

Jenny is a well-trained teacher and body worker with a curious mind, creativity, and sensitivity. An avid learner, she not only transmits her enthusiasm for exploration but also has a gift for healing. I have often sent students to her, as a teacher who is good at problem-solving and who provides a safe haven for healing. I have invited her into my home to help me with post-surgical healing and it has been enlightening and effective.
- Carolyn Bluemle

Call or email to schedule an appointment:
301.717.9729 • ottoyoga@verizon.net

Mailing Address: Ridgely Retreat, Attn: Jenny Otto
203 Ridgely Avenue, Annapolis, MD 21401

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Jenny Otto ATSI, C-IAYT

An innovative and dedicated certified Yoga Therapist and certified ATSI Structural Integrator, Jenny Otto has been teaching and developing wellness and exercise programs since 1980. The capacity to transmit movement information depends on a teacher's embodiment. Central to embodiment is one's own kinesthetic empathy which Jenny owns through personal practice and teaching yoga therapy since 1990. She is nationally-known for her in-depth understanding of anatomy and therapeutics, investigating the domains of functional rehabilitation, biomechanics and the nervous system.

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What is Structural Integration?

Structural Integration (SI) is a holistic system that works with fascia and the soft tissue and uses movement re-education. It was developed by Dr. Ida P. Rolf, a biochemist who found that she could achieve changes in posture and structure by manipulating the body's connective tissue. She called her work 'Structural Integration.'

What is Fascia?

Fascia is the connective tissue that forms a web-like network throughout your entire body. It surrounds your muscles, bones, organs and joints providing support, protection and structure. Problems arise when the fascia becomes too fibrous and hardened. Over time this creates restrictions that lead to strain and compensation patterns that affect entire muscle groups and—given enough time – your whole body. Fascia is truly the fascinating biological fabric and glue that holds us together. Long ignored, the fascial system is now getting its rightful due of attention, from both therapists and researchers.

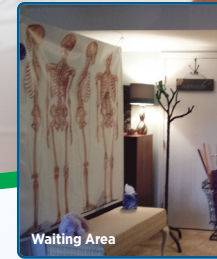


What Can I Expect?

After an initial examination of your posture and movement, you will then be asked to sit or lie on a massage table. During a session, you and Jenny will work on every part of your body. Since no singular part of the body functions in isolation, no part malfunctions in isolation. For example, recent studies on runners determined that most knee injuries were caused by imbalances in the hips. Structural Integration addresses the overall patterns of the body and the relationship of the parts to the whole – how they fit, work and function together. With a series of treatments, each session focuses on certain areas of the body and each session builds on the other.

What Does Structural Integration & Yoga Have in Common?

Both SI and yoga loosen fascia or connective tissue adhesions and create more opening and greater freedom in the body. In fact, Dr. Ida Rolf practiced yoga to gain length and balance in her body before she began developing the Structural Integration Rolf method. Dr. Rolf respected yoga, studied yoga and was inspired by it in her life's work. In her book *Rolfing*, Dr. Rolf refers to yoga and describes the benefits of healthy fascia that spans and extends. The combination of SI and yoga can help you gain stability in balance, confidence and tools for therapeutic healing.



Waiting Area



Treatment Room

What Should I Wear?

Underwear, two-piece swim suits, loose fitting shorts and sports bras are recommended to provide a comfortable level of modesty and access to all areas which require therapeutic attention.

Specialties

- Visceral Manipulation
- Visceral & Peripheral Nerve Therapy
- Osteopathic Listening

Rates (Sessions are 1 hour)

- 1 Session \$140.00
- 3-Session Package \$390.00
- 7-Session Package \$825.00
- 12-Session Package \$1300.00

(rates subject to change without notice)

Payments Accepted: Checks, Cash

Gift Certificates are available!

24-hour Cancellation Policy: When you schedule an appointment, this time is exclusively reserved for you. If you must reschedule or cancel, kindly give 24-hour notice by calling 301.717.9729. Cancellations or changes made within 24 hours are subject to be charged the full value of the service scheduled.