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What's after the Basic 10 session?

I often get asked about when to get more work after the Basic 10 series. The answer is that it is up to you. Traditional thinking is that there should be a time of rest and integration after the basic 10 series. This can last from several months to a year. But as each of us is unique the time of rest and integration varies greatly from individual to individual. Some may need to continue on a regular basis for a while. Here are some ideas about advanced work to consider:

Single Sessions

Often a single or “tune up” session will accomplish a lot and get you back into the swing of things. Many times we don’t notice when our bodies are calling for some more attention until they are screaming, so it makes sense to get a session every now and then. Personally, I like to get about four sessions a year.

Advanced 3 Series

A 3 series is good if you have experienced some sort of trauma (emotional or physical) and need more than one session to get back on track. It is also good if there is a specific issue you would like work on or if you would just like more work. The Basic recipe for a 3 series is: lower body; upper body; integrative line session. I suggest spacing the sessions 1 - 3 weeks apart.

Advanced 5 Series

The advanced 5 series is as powerful and life changing as the basic 10 series and it is designed to be repeatable. We work with basic yoga postures as well as sitting and standing work to integrate the whole system from inside to outside. This is a good project to do when you feel a need for change in your life or you feel stuck in some aspect of your life. Recommended spacing for the sessions is to do the first 3 sessions once a week and the last 2 sessions every other week. Training in the Advanced 5 series takes 5 weeks and is usually only taken on after a practitioner has 5 years of experience.

Individually Designed Sessions

Depending on individual needs a series of sessions can be created to achieve specific goals. These may include work with specific physical or mind/body issues or assistance with specific athletic goals that you have. They may include additives such as energy work, Gestalt work, visualizations, and body centered approaches to archetypical and past-life work.

Structural Awareness Movement Work

Structural Awareness classes can be taken at any time with or without having completed the Basic 10 series. SA classes follow the same recipe as the Basic 10 series and can be done singly or in groups. More information is available on request.