

Anita Boser, LMP, CHP, BCSISM, RYT 500
Curriculum Vitae

Education

- 2002, February. Graduated from the Institute of Structural Medicine, a 1,250 hour program, and received Certification from Hellerwork International to practice Hellerwork Structural Integration.
- 2010, October. Received diploma from The Yoga Barn teacher training program, a Yoga Alliance 500 hour program.

Professional Practice

- Licensed Massage Practitioner in Washington State since November 2001.
- Certified Hellerwork Practitioner, Professional Structural Integrator full-time since 2002.
- Author, *Relieve Stiffness and Feel Young Again with Undulation* published 2007, second edition *Undulation: Relieve Stiffness and Feel Young* published 2016.
- Registered Yoga Teacher at the 500 hour level since 2009.
- Co-creator of Undulation BreakTM 2011.
- Board Certified Structural IntegratorSM since 2015.

Professional Associations Contributions

- Editor of Yearbook, 2013-2015, International Association of Structural Integrators[®]
- Chair, 2009-2012, Certification Board for Structural IntegrationSM
- Past President, 2003-2005, American Hellerwork[®] Structural Integration Association
- Planning Committee, 2015, Fascia Research Congress
- Board of Directors, Ida P. Rolf Research Foundation, 2016 to present

Adjunct Faculty

- Institute of Structural Medicine, 2010 to present
- Essential Yoga Therapy Therapists Training, 2011 to present

Educational Presentations Given

- April 7, 2008. Florida State Massage Therapy Association, Central Florida Chapter, Orlando, FL. *"Addressing Back Pain with Undulation"* 2 hours CE
- October 4, 2008. Natural Health Practitioners of Canada, Canmore, AB. *"Teaching Posture"* 3 hours CE
- October 5, 2008. Natural Health Practitioners of Canada, Canmore, AB. *"Unlock the Spine"* 5 hours CE
- October 25, 2008. Hellerwork International Continuing Education Workshop, Pacific Palisades, CA. *"Enhancing Natural Alignment with Undulation"* 2 hours CE
- Dec. 6, 2008, Nov. 14, 2009, and Nov. 6, 2010. East West College of the Healing Arts, Portland, OR. *"Undulation: A Tool to Improve Bodywork for the Spine"* 8 hours CE
- April 10, 2010. The Yoga Barn, Issaquah, WA. *"Spinal Anatomy (for Yoga Teachers)"* 5 hours CE
- May 6, 2010. International Association of Structural Integrators Symposium, Denver, CO. *"Unstructured Movement Enhances Structure"* 2 hours CE
- Nov. 7, 2010. Believe Movement Studio, Portland, OR. *"Spinal Anatomy (for Yoga Teachers)"* 4 hours CE
- Aug. 30, 2011. Bodysattva Healing Arts, Thousand Oaks, CA. *"Undulation: Release Your Spine and Unleash Your Inner Healing Power"*

Sept. 2, 2011. Symposium on Yoga Therapy and Research, Monterrey, CA. “*Adapting Asana to Facilitate Healthy Fascia*” Part of annamaya kosha panel.

Jan. 27, 2012. Plano Seminars of Arts and Sciences, Plano, TX. “*Undulation: A Tool to Improve Bodywork for the Spine*” 6 hours CE

Articles Written

Body Sense

Spring/Summer 2010. “Strengthen Your Spine”

Spring 2011. “Let Your Fascia Flow”

Dynamic Chiropractic

June 16, 2009 “Fluid Movement Facilitates the Chiropractic Adjustment” Co-written with Kimberly Kohr, DC

Fibromyalgia Aware Magazine

Winter 2008. “It’s A Stretch”

IASI Yearbook of Structural Integration

2007, “Undulation as a Movement Lesson, Assessment Tool and Therapeutic Aid”

2008, “Lessons from the Attempt to Research the Effect of Structural Integration on Client Height”

2009, “Helping Clients Understand Their Fascia” co-written with David Lesondak

2010, “The Spiral Line, Five Approaches for Practice” co-written with David Lesondak

2012, “Integrating Fluid Movement into a Structural Integration Series”

2015, “A Structural Integrator’s Reflections on the 2015 Fascia Research Congress”

International Journal of Yoga Therapy

2013 Vol. 23 (1), Yoga, Vertebral Fractures, and Osteoporosis: Research and Recommendations” Co-written with Eva Norlyk Smith, PhD

Massage and Bodywork Magazine

May/June 2010. “Free Your Shoulders”

March/April 2008. “Undulation: A Technique to Address Back Pain”

Massage Today

February 2010, Vol. 10, Issue 2. “Sources of Neck Pain”

November 2008, Vol. 8, Issue 11. “Massage Yourself with Therapeutic Exercise”

National Fibromyalgia Association

September 19, 2008. “5 Tips for Increasing, Managing, and Conserving Your Energy”

March 14, 2008. “4 Steps to Get the Most Out of Your Walk”

November 9, 2007. “Pliable Muscles with Undulation”

September 13, 2007. “Exercise Strategies that Work Like Magic”

Yoga Therapy Today

Spring 2012. “Fascinating Fascia”

Continuing Education Courses Taken

2004

Feb 10-17, Six-Day Continuing Education Workshop in Structural Integration taught by Emmett Hutchins, 36 hours

Sept. 13-15, Hellerwork Structural Integration Annual Conference, taught by Michael McFarland, Jim Dohn, Tom Myers and Emilie Conrad, 18 hours

2005

May 2-4. Spirals of Consciousness taught by Emilie Conrad, Continuum, 24 hours

2006

June 9-11, Visceral Manipulation Overview taught by Jeffrey Burch, 18 hours

Oct. 13-15, Hellerwork International Continuing Education Workshop taught by Joseph Heller and Carolyn Conger, 12 hours

2007

Jan 10-14, Biomechanics of the Pelvis taught by Liz Gaggini, 16 hours

Feb. 21-25, Biomechanics of the Pelvic and Shoulder Girdles taught by Liz Gaggini, 16 hours

Oct. 7-9, International Association of Structural Integrators Symposium, various instructors, 18 hours

2008

October 24-26, When One Side is Different From the Other taught by Liz Gaggini, 16 hours

2009

Aug. 28-30, Gravi-Dynamic Structural Integration taught by Joseph Heller, 22 hours

Dec. 5-7, Essential Low Back Program, taught by Robin Rothenberg, 15 hours

2010

Feb. 4-13, Core Integration – Including the Viscera in Structural Work taught by Liz Gaggini, 48 hours

Feb. 20-21, Advancing Your Yoga Practice, the Art of Slowing Down taught by Susie Hatley-Aldous, 10 hours

May 7-9, IASI Symposium “One World, One Work” taught by various instructors, 18 hours

2011

Feb. 4-6, Integration Sessions Review taught by Liz Stewart, 18 hours

Aug. 25-27, Hellerwork International Continuing Education Workshop, Neural taught by Jonathan Martine and Voice Dialog and Movement taught by Catherine Kier and Regina Buckwalter, 20 hours

Sept. 1-4, Symposium on Yoga Therapy and Research, various instructors, 18 hours

Oct. 20-23, Series Review Workshop taught by Liz Stewart, 24 hours

Nov. 11-13, Advanced Intraoral Techniques taught by Lauren Christman and Richard Polishuk, 21 hours

2012

March 28-30, The Fascia Research Congress, Vancouver, BC, various presenters, 21 hours

March 31, Fascial Stretch Therapy taught by Ann and Chris Frederick, 3.5 hours

May 6, SmartCore™ Training Program taught by Staffan Elgelid, PT, PhD, 6 hours

June 29, Ethics: Health Professionalism taught by Sharon Burch, 4 hours

October 27, Introduction to Pain, Nociception, and Nerves, taught by Geoffrey Bove, 7 hours

2013

Feb. 23, Nerve Mobilization in the Upper Body taught by Kirstin Schumaker, 6 hours

June 7-9, Strain Counterstrain I for the Spine taught by Alan Lafky, PT, MA, DPT, 20 hours

June 13-16, Symposium on Yoga Therapy and Research, various instructors, 18 hours

2014

May 5, 9, 27, Balancing the Face for Structural Integrators taught by Lauren Christman and Richard Polishuk, 18 hours

May 16-18, Cranial Strain Counterstrain taught by Randall Kusunose, PT, OCS, 20 hours

Sept. 26-28, Scar Workshop taught by Sharon Wheeler, 18 hours

Oct. 17-19, Lymphatic-Venous Fascial Strain Counterstrain taught by Brian Tuckey, PT, OCS, 20 hours

2015

Feb. 13-15, Nerve and Artery Mobilization for Structural Integrators and other Manual Therapists, Part 1 taught by Kirstin Schumaker, 20 hours

March 13-15, Diaphragm, Ribcage, and Embryological Midline taught by Ron Murray, DO, LMT, CAR, 18 hours

Sept. 17-21, Fourth International Fascia Research Congress

Oct. 22-26, Hellerwork Continuing Education Workshop, Structural Integration for Scoliosis taught by David Davis, 20 hours

2016

April 15-17, Fascial Strain Counterstrain taught by Brian Tuckey, PT, OCS, 20 hours

July 25-28, Nerve and Artery Mobilization for Structural Integrators and other Manual Therapists, Part 2 taught by Kirstin Schumaker, 20 hours

The Art of Rolfing® taught by Sharon Wheeler, 18 hours

Nov. 27-29, Dec. 1-2, Breathing and Walking taught by Mary Bond, 24 hours