



**Kevin Dunn  
Certified Structural  
Integrator™  
MT# 11989**

Trained in the method and techniques of Ida P. Rolf, PhD, Kevin has provided hundreds of sessions of Structural Integration.

Certified by the Austin School of Structural Integration, Kevin has worked with business executives, fire fighters, athletes, and the physically challenged. He welcomes individuals of all ages from all walks of life.

In addition to his training and certification as a Structural Integrator, Kevin has been a certified massage therapist for more than 10 years, specializing in therapeutic deep muscle massage, Touch For Health, and Swedish massage technique.

**Kevin Dunn, MT# 11989  
Relax the World Massage  
1700 S. Lamar, Suite #322  
Austin, TX 78704**

Within Re-Gen-e-sis Integrated  
Health Center  
Near Yoga Yoga and  
Zygmunt Chiropractic

**For appointments call:  
512-789-9998 (cell)**

For articles & other information  
on living a healthy and vibrant  
life, please visit our website at

**[KevinDunnMassage.com](http://KevinDunnMassage.com)**

**Deterioration in your  
body's structure as  
you age is not  
inevitable or natural.**

**Misalignment with  
gravity is the culprit  
and it can be  
improved.**



**Would you like to feel more  
energized and comfortable  
in your body?**

**Are you ready for gravity to  
be your supportive friend  
rather than an oppressive  
weight on your posture?**

**It's time to get Integrated!**

Discover the amazing structural  
benefits you could enjoy from  
Structural Integration.

Structural Integration organizes your  
tissue so that gravity supports you  
rather than pulls you down.

## Frequently Asked Questions

### What is Structural Integration?

Structural Integration is designed to realign and reorganize your body's structure. Based on the works of Ida P. Rolf, PhD (1896-1979), it's purpose is to put you right with gravity to enjoy better health.

### What kind of benefits might I enjoy from this bodywork?

Some clients report feeling lighter, needing less sleep, looking and feeling taller, and a distinct improvement in their ability to stand or sit for extended periods of time. Some also comment they breathe and move more easily and are more flexible and comfortable in their bodies.

### What can I expect during my sessions?

Structural Integration is a 10 session series that takes approximately 60 - 90 minutes per session. Sessions are scheduled a week to a month apart. The work is done on a bodywork table in a comfortable, relaxing setting.

**"In the whole world, about 3000 people do this work. Kevin Dunn is a rare and valuable asset to Austin's healthcare community."**

**Ritchie Mintz, founder  
Texas School of Structural**

# Is this you?

- Rounded shoulders and sore back
- Discomfort sitting or standing for extended periods
- Computer Slump or Widow's Hump
- Reduced agility or flexibility as you age
- General tiredness from trying to stand up straight
- Aches and pains while exercising

**Structural Integration  
could help.**

**Call 512-789-9998  
for an appointment today**

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**Traditional Therapeutic Massage  
services also available**

## Frequently Asked Questions, (con't)

### Will I have to continue to get integrated once I complete the 10-session series?

No. Structural Integration is intended to organize your body so you are supported rather than weighed down by gravity. Its corrective effects are generally permanent and should be felt for years to come. A five session series is available for advanced benefit but is only recommended once six months to one year has passed since your original 10 session series.

### I've heard this kind of work hurts—true?

No. Modern technique at the hands of a skilled therapist should not be painful. If you feel discomfort during your sessions, communicate with your therapist and they can adjust anything that isn't working for you.



*"This is the gospel of Structural Integration:  
When the body gets working appropriately,  
the force of gravity can flow through.  
Then, spontaneously, the body heals itself."  
- Ida P. Rolf*