

Emma Simpson

KMI 12-Series Recipe

The Anatomy Trains Structural Integration “recipe” for the 12-Series:

- Session 1** Open the Superficial Front Line
Differentiate roots of the Superficial Front Arm Lines from the Axial body
- Goal #1: Introduction to the work ahead
- Goal #2: Open the breath from the front
- Goal #3: Energetic uplift, making space for the future
- Session 2** Open the Superficial Back Line
Differentiate roots of the Superficial Back Arm Lines from the Axial body
- Goal #1: Grounding / ‘Standing on your own two feet’
- Goal #2: Deepen the touch
- Goal #3: Sagittal balance via primary and secondary curves
- Session 3** Open the Lateral Line
Differentiate roots of all Arm Line from below and above
- Goal #1: Opening the body’s sides – ‘spreading the wings’
- Goal #2: Complete balancing of the body’s stability system
- Goal #3: Introduction to the lateral core
- Session 4** Open and balance the two Spiral Lines
This session completes the initial opening of the superficial fascial layers
- Goal #1: Ease restrictions in superficial rotation
- Goal #2: Setting the balance of the scapula
- Goal #3: Balance the arches of the feet and the pelvis
- Goal #4: Prepare the body for the core sessions

Session 5 Open the leg portion of the Deep Front Line
Balance lower DFL with lower Lateral Lines
Open the pelvis from below

Goal #1: Open DFL to build support & lift through the inner leg

Goal #2: Support for the organs from below

Session 6 Open the Torso portion of the Deep Front Line
Open the Pelvis from the front
Connect this portion of the DFL to the Front Arm Lines

Goal #1: Releasing the deeper breath

Goal #2: Building support for the lower back

Goal #3: Connect the Deep Front Arm Line into DFL

Session 7 Open the Deep Back Line
Open the Pelvis from the back
Open the breath from the back

Goal #1: Align the bony support for the back of the body

Goal #2: Work to ease spinal bends and rotations

Session 8 Open the neck and head portion of the Deep Front Line; Relate to roots of Front Arm Line as needed

Goal #1: Encouraging the head to sit above the ribcage and at the top of the body

Goal #2: Open the jaw, bring balance and length to the tissues around the cervical vertebrae

Goal #3: Begin the integration

Session 9 Pelvis and legs integration (Session 1 territory of 3-series)

Reinforce cueing for balance in functional movement

Goal #1: Balance the lower body around its new core

Goal #2: Multi-dimensional movement in the pelvis

Goal #3: Balance and alignment of the legs in walking

Session 10 Rib, abdominal and breath integration (Session 2 of 3-Series)
Reinforce cueing for balance in functional movement

Goal #1: Build integration into the upper body

Goal #2: Integrate the breathing with the rest of the body

Goal #3: Create rib/pelvis balance

Session 11 Open and integrate full Arm Lines

Goal #1: Balance the shoulders over the ribs

Goal #2: Ease and fine tune the arm position

Session 12 Functional integration of Spine (Session 3 territory of 3-Series)
Palintonic balance among all lines as needed

Goal #1: Completion, satisfaction, independence, empowerment

Goal #2: Coordination, unity of intent, opening to new possibilities

Goal #3: Balance the lines and joints