

I had the good fortune and grand distinction of receiving one of Ben's first official 10-series of Structural Integration while he was in his practitioner phase and I was auditing the program at the Guild for Structural Integration in Boulder, Colorado. I came to him with strength and flexibility from many years of yoga, but with a center-line that looked like a curveball, and a left knee that was less organized than an 11 year old's bedroom. Ben was (is) a blacksmith before training at the Guild, and his touch wasn't light, but definitely intuitive and well informed as it seemed to be exactly what I needed. I came out of the sessions with a very well organized center line, broad and nearly perfectly horizontal shoulders, and no pain in my left knee. Ben is a gifted practitioner and a very good friend.

- Spiro Theofilatos