



Bodywork and Beyond



Create Transformation
Move with Ease

Become a Professional Hellerwork Structural Integration Practitioner

Certified Hellerwork Structural Integration (SI) practitioners are a unique group of health educators. They are individuals who are committed to actualizing the principles of Hellerwork SI, not only in their private sessions, but also in their personal lives.

As a Certified Hellerwork SI practitioner, you have the joy and satisfaction of truly serving people in a very personal way. It is a life changing process, and being able to share the process with people is very fulfilling.

Hellerwork SI is a powerful system of somatic education and structural bodywork designed to realign our bodies and movement in gravity.

The goal of SI is to re-educate and reorganize the body so that it more optimally uses gravity, resulting in more support for balance and increased energy.

By working with the fascial network of the body instead of focusing on the skeletal system and isolated problems, SI addresses the issues that actually distort the whole body's structure out of balance.

Rather than treating symptoms, SI focuses on rebalancing the entire body returning it to a more aligned and better functioning state so the symptoms go and stay away.

This work is practiced in an organized series of sessions or individual sessions within a framework which is designed to address the imbalances within the fascial network.

The ultimate aim through this work is to restore a client's postural balance and fluidity by aligning and integrating their body in gravity.

To find out more, please contact

Hellerwork International Office (714) 873 6131 or
info@hellerwork.com www.hellerwork.com

"Anyone can take a body apart; very few know how to put it back together."
Dr. Ida P Rolf

SI is the art and science of reshaping and reorganizing human structure according to clearly defined principles in a systematic and consistent manner.

Your training as a Hellerwork SI practitioner is the foundation upon which to build the professional career of your dreams.

The Hellerwork SI Practitioner Training Program

- Is a powerful life transforming experience. You will learn the art and science of Structural Integration under the direction and guidance of our trainers, first in your own body, and then by working with fellow students and client models.
- Throughout the training our aim for you is to develop the knowledge, skills and confidence: to give great work to your clients: to create a successful Hellerwork Structural Integration practice: as well as to take care of yourself in the process.
- In a supportive and practical environment you will study and learn how to facilitate clients learning to connect with their own bodies to better understand their habits and learn how to have the freedom of choice in all areas of their lives. This involves exploring the sensory connection as they move through their day, their study of thoughts, beliefs and emotions, all of which shape us.
- Is a 'blended' learning program combining on-site intensive weeks interspersed with distance learning phases over a period of 16 months.
- Is a 1025 clock hour curriculum covering Anatomy & Physiology, Movement Education, Somatic Psychology, Structural Integration Bodywork & Functional Assessment, Pathology, Business & Marketing and Professional Ethics.
- The 2015 training is being produced by the American Hellerwork Structural Integration Association (AHSIA) in collaboration with the Universal College of Healing Arts (UCHA) located in Omaha, Nebraska.

Structural Integration

A unique type of bodywork that focuses on the fascial network of the body, based on the work of Dr. Ida P. Rolf

The fascial network forms the many types of connective tissue within the body. It surrounds muscles, groups of muscles, blood vessels, organs, and nerves, binding some structures together while permitting others to slide smoothly over each other. By working with the fascial network of the body instead of focusing on the skeletal system and isolated problems, SI addresses the issues that actually distort the whole body's structure out of balance. This work is practiced in an organized series of sessions or individual sessions within a framework which is designed to address the imbalances within the fascial network. The ultimate aim through this work is to restore a client's postural balance and fluidity by aligning and integrating their body in gravity.

One of the most common misconceptions about Structural Integration (SI) is that SI is nothing more than a type of very deep massage. There are many varieties of massage, which are particularly effective for loosening tight tissue, reducing stress, detoxing the body and an increased feeling of relaxation and well-being. Since these benefits are also a by-product of SI, the general public experience confusion as to the precise difference between our work and the proliferation of effective touch modalities currently available.

Origins of Hellerwork Structural Integration

Hellerwork SI is one of the original SI schools and is recognized as one of the leading SI organizations today. It was founded by Joseph Heller, an aerospace engineer who became a Rolfer in 1972. He continued to study through to 1978 with Ida Rolf, the originator of structural integration. During this time he also became a Structural Patterner after learning Patterning from Judith Aston. In addition he received advanced training with Brugh Joy, a noted physician, author and innovator in the field of preventive medicine and the use of energy as a means of healing.

As a result of his unique combination of expertise and training in structural integration, movement education, and body energy awareness, Joseph Heller began to synthesize a new form of SI bodywork. In 1978 he left the Rolf Institute and moved to the San Francisco Bay Area where he founded Hellerwork SI.

An education in Hellerwork Structural Integration means:

- Learning the art and science of Hellerwork SI, the body of knowledge which includes structural integration bodywork & functional assessment, movement education, and dialogue.
- Learning from and being guided by our experienced and inspiring instructors in a dedicated learning environment with facilities and equipment conducive to your own and your fellow students learning process and growth.
- Providing you with one-on-one instruction as well as group participation and specific course work to guide your learning and skills development through each phase of the training.
- Educating you to effectively communicate the benefits of Hellerwork Structural Integration to different audiences whom you will encounter such as clients, colleagues and other professionals.
- Providing you with a thorough foundation in creating or enhancing a successful professional private practice
- Certification as a Hellerwork Structural Integration Practitioner from Hellerwork International, LLC

For more information, please contact

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Hellerwork International (HWI)

HWI is the international organization that connects all the Hellerwork SI practitioners around the world. Its mission is to "nurture the growth and integrity of Hellerwork in the world". HWI is a Limited Liability Company (LLC) with owner/members of the Hellerwork S.I. practitioner groups. The day-to-day operations are handled by the Hellerwork Board of Managers made up of Executive Officers (President, Vice President, Secretary, Treasurer, and President Emeritus), representatives of the Regional Practitioner Associations, and representatives of the Education Arm of the Hellerwork community.



Hellerwork Structural Integration