

Hellerwork Structural Integration

The Series Work

Session 1 - Inspiration



Goal: Improve breath capacity and align the ribs over the pelvis. Also, evaluate movement patterns of sitting and standing. This session includes work on the neck, shoulders, chest, ribs and sides.

Session 2 - Standing on Your Own Two Feet



Goal: Align the arches, feet and legs so that they provide a better foundation of support and balance for the rest of the body. This session includes work on the arches, feet, ankles and front and back of the legs and thighs.

Session 3 - Reaching Out



Goal: Provide better alignment through the side of the body, so the feet and legs support the pelvis, the pelvis supports the ribs, and the ribs support the shoulders and neck. The arms, shoulders and sides are attended to here.

Sessions 4, 5 & 6 - The Core Sessions



Goal: Release and reinvigorate the body's core for more power and ease in movement. These sessions address the inner arches, iliopsoas, diaphragm, and myofascia along the spine.

Session 7 - Head, Neck & Face



Goal: Align the neck and head so that they are supported by and integrated with movement of the trunk. Also, relieve tension in the face and jaw. This section is devoted to the neck, face, jaw, and skull.

Sessions 8, 9, 10 & 11 - Integration



Goal: Provide the greatest ability for movement without strain by aligning the body within gravity. Integrate structure, function, and movement between sleeve and core tissues. Reduce rotations in the legs, pelvis, torso, and arms. Improve function of the body's joints.