



HELLERWORK®
STRUCTURAL INTEGRATION



Poland workshop detail:

Topic: “A powerful 4 day ‘hands on’ Introduction to Hellerwork Structural Integration Workshop”

Tutor: Daniel Bienenfeld

Training Director and Senior Trainer of the Hellerwork School of Structural Integration.

What is Hellerwork?-Hellerwork is bodywork and healing modality that includes Structural Integration, movement education, and Somatic Psychology. This combination allows an individual to re-align their body structure, release chronic pain and stress, move with grace and ease, and create a whole new relationship with their body. <http://hellerwork.com/>

https://www.youtube.com/watch?time_continue=2&v=nN8qq3782Zk

What you will learn: This 4 day workshop will give students a basic knowledge of Hellerwork Structural Integration and enable them to take some of it’s principles into their work and into their lives. Students will leave the workshop with many skills that can be utilized right away to help their clients, friends and family members to create significant changes in their body/Minds. Here are some of the skills that you will learn.

Info about Joseph Heller - creator of Hellerwork

- <http://hellerwork.com/our-story/>

-<http://ptis.pl/.../wp-conte.../uploads/2016/04/Dennis-Hughes.pdf>

PROGRAM:

June 21, 2019 -Day 1: Structural Integration

- To assess structural alignment
- The connection between structure and function
- Strategies to correct postural deviations
- To unwind and release tension and strain in the body

9:00AM- 10:00AM Introduction to Hellerwork Structural Integration

10:00-10:15 Break

10:15- 12:15 Theory and lecture about Hellerwork Structural Integration- the Structural Model and Fascia

12:15- 1:15 Lunch

1:15-3:15- Bodywork Skills class for ribcage and shoulder girdle and neck

3:15- 5:15- Bodywork Skills for pelvis and spine work

June 22, 2019 -Day 2: Hellerwork Movement Education

- How movement patterns influence the body
- To assess yours and your client's movement patterns
- To teach movement education

9:00AM- 10:00AM Hellerwork Movement Class - Experiential

10:00-10:15 Break

10:15- 12:15 Theory and lecture about Hellerwork Movement Education

12:15- 1:15 Lunch

1:15- Experiential Class to experience Hellerwork Movement

3:15- Facilitation skills for Movement Facilitation

4:15-5:15 Structural Integration Bodywork Techniques

June 23, 2019 -Day 3: Somatic Psychology

- Dialogue basics and theory
- Somatic focusing facilitation
- Therapeutic dialogue application
- Body/awareness dialogue
- Hellerwork SI Themes

9:00AM- 10:00AM Movement Class - Experiential

10:00-10:15 Break

10:15- 12:15 Theory and lecture about Dialogue application - Experiential Process

12:15- 1:15 Lunch

1:15- facilitation skills for Somatic focusing facilitation

3:15- Facilitation skills for therapeutic Dialogue

4:15-5:15 Dialogue Facilitation during bodywork

June 24, 2019 -Day 4: Putting it all together to create lasting change

- Watching Hellerwork Session Demonstration
- Students Learn to do the session skills
- Students Trade a session with another Student

9:00AM- 10:00AM Movement Class - Experiential

10:00-10:15 Break

10:15- 12:15 Demonstration of Hellerwork Session (with Questions and Answers)

12:15- 1:15 Lunch

1:15-5:15- Session Trade with partner (putting it all together-including all that we learned)

Who is welcome: Beginners and professionals are all welcome to learn about Hellerwork, considered one of the most potent and well-respected healing arts modalities.

When: 21th -24th June 2019

Where: Pabianice (Łódź)/Poland

Price: 2500,00 PLN

Contact and sign ups:

Agata Konarska

szkolenia.mtg@gmail.com



+48 662 310 264

Provider:

MasażTkanekGłębokich.Pl

Ł.Czubaszewski,P.Szałański S.C

27 Grudnia 9/8, 61 - 737 Poznań

<http://www.deeptissuemassage.eu>

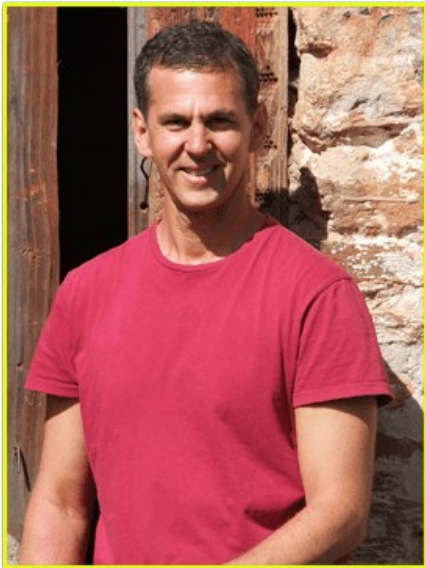
&

Holistyka – Ośrodek Doskonalenia Zawodowego

Magdalena Boroń, Lublin

<https://holistyka-odz.pl/integracja-strukturalna-hellerwork/>

Tutor:Daniel Bienenfeld



Hellerwork Structural Integration

Advanced Rolf Method

Discover my Books:

Align for Life, Journey to Structural Integration

The Body Mastery System

www.DanBienenfeld.com

<http://hellerwork.com/>

Learn from Dan Bienenfeld, Training Director and Senior Trainer of the Hellerwork School of Structural Integration. Dan is the Author of *Align for Life, Journey to Structural Integration* and the *Body Mastery System*. Go to www.DanBienenfeld.com to see his website and order his books.