

Structural Integration is a series of sessions of specific bodywork in which the objective is to restore balance and alignment to the body.

This bodywork focuses not only on muscles but on the connective tissue (fascia) that surrounds the muscles.

The number of sessions in the series is 10 or 11 depending on the type of bodywork you experience.

Sessions move systematically throughout the body.

The concept of structural integration was founded in the 1940's by Dr Ida Rolf, who combined knowledge of many body and mind modalities as she developed her systematic approach to treating chronically disabled people.

By the 1960's, she was training students in her unique approach of structural integration which is called Rolfing or Rolf Structural Integration.

Joseph Heller, founder of Hellerwork Structural Integration, was educated at Cal Tech and worked for 10 years as an aerospace engineer at the Jet Propulsion Lab in Pasadena.

Dr Rolf's focus on human structure was a fit with his knowledge of structure and he became a Rolfer in 1972. In 1975 he became the first president of the Rolf Institute.

In 1978 he left the Rolf Institute and created a new form of bodywork. He combined movement education, body energy awareness and dialogue with the structural integration he learned from Dr Rolf.

Please go to the [Links](#) page to link to more information about Structural Integration.