

## Tom Marshall Hellerwork Structural Integration

Tom Marshall has been in practice as a Certified Hellerwork Practitioner since completing his training in 1985. He has continued his education with Joseph Heller through advanced classes and has also studied Cranio-Sacral Therapy with the Upledger Institute and Visceral Manipulation with the Barral Institute. Tom's other skills and interests include yoga, surfing, playing saxophone, and spending as much time as possible with his wife, son and daughters.

"Hellerwork taught me how to run faster and longer with less pain, wear and tear and more endurance. It also showed me that our bodies and our habits can change for



Tom surfing at age 50...

## Testimonials

"As a professional stuntman my body is extremely important and Hellerwork has helped me to become more agile, increased my flexibility and greatly enhanced my overall performance. I have had less injuries and faster recovery times. It is Tom's skill and knowledge that has kept me performing at a high level over the past ten years. I can't thank you enough!" **Richard Burden, Stuntman/Second Unit Director** "Pain free."

"After three months of therapy prescribed by one of the best physicians in the country, I was still having problems with my knees and still unable to run. One visit to Tom finally led to a gait evaluation and the correction that I had been looking for. After a few sessions with Tom, I am back to competing in the NCAA Division 1 level and I am finally injury free. Tom's patience and persistence has given me the confidence and tools so that my body won't break down, which has led to one of *my best Cross Country seasons ever!*" **Andrew Thompson, Cross Country and Track, Loyola Marymount University**

**Tom Marshall**  
**Hellerwork Structural**  
**Integration since 1985**

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## Peak Athletic Performance Athletes for Life



- ◆ **Balance and Align your Body to Relieve Pain and Injuries for Quick Recovery**
- ◆ **Improve Posture, Gait, and Speed for Relaxed Performance**
- ◆ **Breathe for Endurance and Stress Relief**
- ◆ **Cross-train for Success**

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Athletic  
Performance  
Athletes for Life**



Good and bad habits start at an early age...

**Why do I run like this?** During adolescence young athletes, unless they are dancers or gymnasts that do a lot of stretching, generally get tighter as they get older. We also pick up bad habits of posture and gait from modeling

family and friends or from too many hours of sitting in poorly designed furniture in front of computers at school or work. This type of tension and stress starts to get stuck in our bodies and can actually change our posture and body mechanics and limit our performance. It can also sap our strength and endurance and put more stress on our joints, tendons and ligaments. Training hard without stretching or cross training enough can also build tension and stress in the soft tissues in and around the muscles. This soft tissue is called fascia.

Fascia in its ideal state is fluid and flexible. When we have injuries fascia becomes more thick and rigid to support the area while it heals. Hellerwork can help speed recovery and restore fluid movement to injured areas.

**Hellerwork Structural Integration** is a series of sessions of deep tissue bodywork and movement education designed to realign the body and release chronic tension, stress and pain. This is a "hands-on" process where the Hellerwork Practitioner uses his hands to gently restore fluidity to the fascia. For athletes this means a better alignment and flexibility, and a more relaxed, fluid and fast performance.

With **Hellerwork movement education** you become aware of how you move. We tend to run and play our sports in the same alignment or posture we stand in. If we just helped you feel better and you went back to your sport with your old habits and patterns you would end up coming back with the same problems. As your posture and alignment improves we teach more efficient move-



Great athletes are aligned, balanced and relaxed over their feet...

ment and performance so you can feel the difference from old habits and the new more efficient movement. These movement techniques combined with the proper cross-training will help you **play better, feel better and perform your best... for life.**

Through the **Hellerwork Series** your posture and gait are brought into alignment which **reduces wear, tear and pain** in your body. You will learn relaxed belly breathing which **increases your endurance and reduces stress, especially when competing.** You will learn how to move from your core which **helps with speed and endurance.** Being relaxed and centered means you will **perform more consistently, be more stable** on your feet and will be **less prone to injuries...**

Tom has helped many amateur and professional athletes to **Play Better, Feel Better, and Perform Their Best!**

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