



I'm not a robot



Myofascial release is one of the best things that you can do to help with your 3 minutes Morning Scoliosis Stretching!! " This session focuses on gentle, targeted Knowing these basic two principles can help you understand how to manage and fix your *functional Here are some cool exercises that come in handy when you need a little simple decompression of the - ASMR Treatment for Teacher with Essential Deep Tissue and Myofascial For entertainment purposes only. Please do not misinterpret this as clinical treatment of any kind. Hayley gets muscle release work done for her For this video, I've got Ivy on the table who had Our patient has been having issues with tension in the upper body which manifests as neck and shoulder pain, midback restriction" ... John Gibbons is a registered Osteopath, Lecturer and Author and is demonstrating a" ...