



I'm not a robot

































For this month's episode, we wanted to address an issue which has become a bit more topical of late as a result of changingÂ ... Steph sat down with Ingrid G, one of our top Blys therapists, to get to the heart of what it's really like as a

TIMESTAMPS: 00:00 Introduction to Resources: • Download My FREE Dawn Morse of Core Elements Training demonstrates compression of the QL / Psoas common trigger point with the elbow. Fir theÂ ... What are the good things about being a John Gibbons is a registered Osteopath, Lecturer and Author and is demonstrating aÂ ...