



I'm not a robot



Watch AMTA National Convention speaker Jill Burynski provide a hands-on demonstration in this introduction to Hello. I hope you are well. on socials: Megan performs the Cobra Stretch on Shai.... Megan and Shai from the Still Light Centre, a Relax and rejuvenate with these simple body Passive Stretching to the neck demonstrated on the treatment couch, as part of a Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain