



I'm not a robot

































Feeling tight in your hips or low back? Watch as Siomara from Demonstrating the Scorpion from Level 2 Fascial Stretch Therapy to stretch the deep front Fascial net. Got low back pain? This is a quick and easy mobility hack to help decompress that tight, achy low back that results from too muchÂ ... So go ahead try it let me know what you think and for more information on our classes visit us at

Suffering from tech neck? Headaches? Fascial Stretch Therapy is a highly effective assisted stretching modality to gain moreÂ ...

Stretching to get more rotation in the spine. Doing some gentle oscillation to help warm up the hips and glutes starting a Fascial Stretch Therapy session. This assisted stretchÂ ...

On this episode we have chamber member Rebecca Tamm owner of Take a tour and discover Southwest