



I'm not a robot



Making DREAMS come true – Professionals! Trauma & long term stress can cause you to disconnect from yourself & shutdown both physically & emotionally This is a coping – student testimonial- she wasn't expecting that to work! Why fascia restrictions, should be considered when assessing and treating chronic pain conditions. Have you had your Myofascia – get your energy back – Fatigue is persistent feelings of exhaustion that impact your daily life When you have chronic fatigue, even – Take yourself through a free self-care class if you're interested in releasing your trauma! – Pickup your Mobility ball and Travel Roller and try this today! 1min per side and see how you It's a healthier neck. Posted with permission. . . . thumbs up like this and what this doing is creating pressure it'll C-sections have their place – they save lives. But sometimes, the body misses a few natural steps in the process of birth. When a – Immerse yourself in the art of guiding others through ecstatic dance, Nervous System Regulation - Somatic Alignment and Fascia Work Easy face tension release! Massage this muscle daily and feel your scalp, jaw, and face relax Learn more about our 21-Day Yoga Challenge - www.yogachallenge.in/syt –