

Zen Bodytherapy has three essential goals:

1. To help the removal of pain, stress, trauma, and energy blocks from the connective tissue of the body.
2. To organize, balance, and align the human structure of the body.
3. To have energy freely circulate throughout the body.

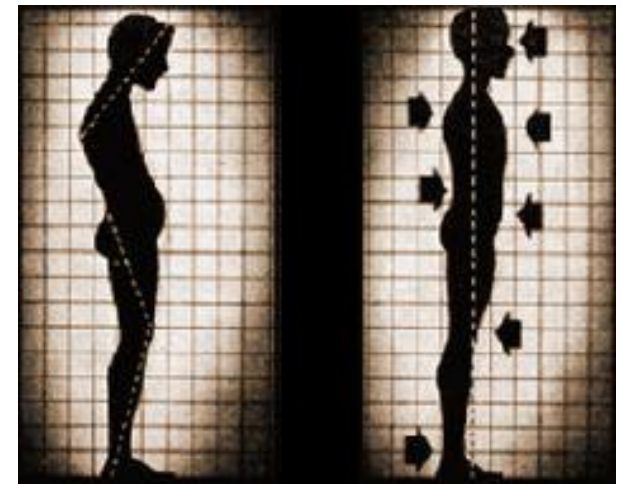
Bring structural balance to your body.

Book your 10 session Zen Bodytherapy program today!

www.crossfunctionmassage.com



Rebalancing the body's alignment



Sessions 1-3

The “Sleeve” sessions: loosen and balance connective tissues

Session 1: Enhances quality of breath and opening of connective tissues.

Session 2: Provides body a stable foundation by balancing the foot and leg muscles.

Session 3: Lateral work- help the head, shoulders, and hips align with the influence of gravity.

Sessions 4-7

The “Core” sessions: addresses inner section of body from legs/hips to neck

Session 4: Works the inside arch of foot to the hips.

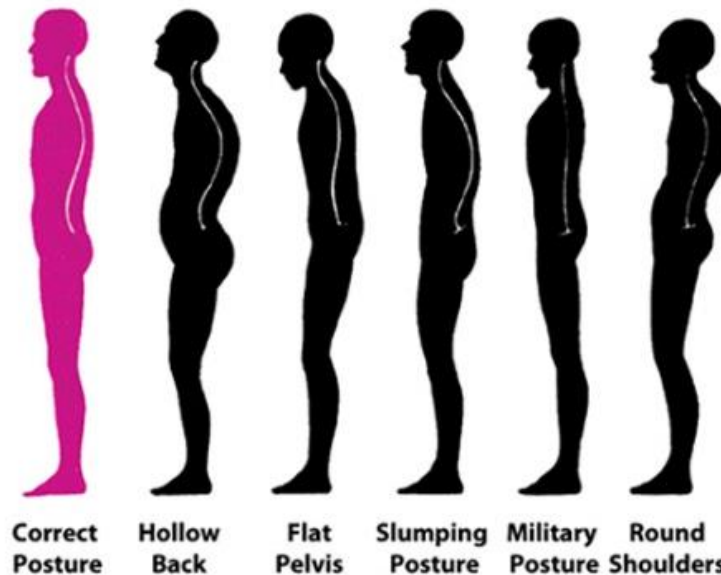
Session 5: Balanced surface and deep abdominal muscles.

Session 6: Enlists support and movement from the legs, lower back, and hips.

Session 7: Brings movement to the neck and head.



Postural variations retrained with Zen Bodytherapy



Sessions 8-10

The “Integration” sessions: encourage smooth movement and natural coordination

Session 8: Integrates the Sleeve sessions specific to the individual to balance movements within their body.

Session 9: Integrates the Core sessions specific to the individual to balance movements within their body.

Session 10: Inspires a sense of order and balance within the body’s structure.

Zen BodyTherapy is a unique combination utilizing Ida Rolf’s 10 series of structural realignment sessions and Moshe Feldenkrais’s methodologies of self-awareness through movement. Treatments use trigger point and deep fascial tissue stretching; achieving a complete balanced solution.