How It Works:

“Our body movement is reflective of our inner world.” We teach you how to live inside your body. To feel your feet when they strike the ground and know which way you need to turn your foot in order to align your body and work toward being pain-free. It allows you to be conscious in your body while instinctively bringing awareness to your life. Your mind and body have connected. We see this automatically benefit the lives of our clients by helping them make decisions that are in the best interests of their health from choosing better foods to choosing a career that suits them better. A clearer mind helps you to expend less energy everyday and use that energy towards a life you love.

Information from Heal Your Body A-Z by Louise L. Hay

Other Connections:

Bone Breaks/Fractures: Rebelling against authority.
Bursitis: Repressed anger.
Inflammation: Fear. Seeing red. Inflamed thinking.
Joint Pain: Represent changes in direction in life and the ease of these movements.
Sciatica: Being hypocritical. Fear of money and or the future.
Sprains: Not wanting to move in a certain direction in life. Anger and resistance.
Stiffness: Rigid, stiff thinking.
Weakness: A need for mental rest.