



The 3 Series is perfect for:

Long standing pain

Lack of mobility

Posture

Performance enhancement

Injury prevention and recovery

STRUCTURAL BODYWORK 3 SERIES



Structural Bodywork is a unique form of hands on and movement therapy that brings the body into balance. By doing so we enhance the natural mechanisms for healing, while creating new and adaptable space to move into.

The 3 Series provides a structured format of bodywork over 3 x 90 minute sessions:

SESSION 1

Balancing feet, lower limbs and pelvis

SESSION 2

Opening the breath, ribs, balancing the shoulders

SESSION 3

Addressing bends and rotations of the spine

Move with Ease Decrease Pain Increase Energy
ABSOLUTE HEALTH & PERFORMANCE

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