

OVERVIEW

Each session of the Posture Alignment Series has a specific goal to accomplish, building on the previous session and preparing the body for the next treatment. The time in between sessions allows the body to integrate the new information or changes that were experienced in the session.

THE SESSIONS

Session One

Imagine that you are wearing a wetsuit that covers your entire body from head to toe. Now imagine that the wetsuit is a size too small. The human body has a sheath of fascia, or connective tissue, that envelops our body much like this image of the wetsuit. This layer of tissue lies just under the surface of the skin. One of the goals of the first session is to encourage this layer to open and expand. In doing so, we begin to create the space necessary for the major segments of the body to begin shifting into a more balanced relationship.

Session Two

Gravity affects the human structure the same way it affects all other physical structures on earth. When a builder builds a house and doesn't get the foundation of the house level and balanced, gravity, over time, will affect this structure. The house will begin to shift and crack. The doors and windows might not quite fit anymore. In order to remedy the problem, you must address the source, the foundation. In the human structure, the foundation is found in the arches of the feet, the ankles, legs and knees. Creating a balanced foundation is the primary goal of the second hour.

10 Steps To A Taller, Healthier You

Session Three

In session three, we aim to create length along the sides of the body. Our intention is to create more space and freedom between the top of the pelvis and the bottom of the ribs, and between the rib cage and the shoulder girdle. The client often begins to feel lighter, more upright, and even taller.

Session Four

In session four, the territory that is covered is along the inside line of the leg - the ankles, calves, knees and thighs. The goal is to balance the pelvic floor by bringing more balance into the legs.

Session Five

In session five, we continue to create length and organization through the core of the body, this time working in the torso. We start by lengthening the most superficial layers of muscle that cover the ribs and gradually drop down into the layers of the deep belly. We bring length and organization to the inside of the body. This helps to increase muscle tone in the abdominal area.

Session Six

The sacrum is a triangular-shaped bone that joins with the two iliac bones to form the pelvis. The joint where they meet is called the sacroiliac joint. There are many layers of muscle and fascial tissue that cross this joint in order to hold it together. Often times these tissues become very tight and hard, which causes restrictions in movement in the sacroiliac joint, and the hip joints. Session six aims to free the sacrum of these restrictions, allowing for greater fluidity of movement in the pelvis and along the length of the spine.

Session Seven

The goal of session seven is to balance the cranium on top of the spine. Many of us carry our heads too far forward of our body, which forces the muscles of the neck and back to work overtime just to keep the head on the body. By releasing the tension and stress held in the soft tissue of the neck, shoulders, face and cranium, we suddenly find ourselves with more available energy.

Session Eight

In session eight, nine and ten we begin "putting the body back together". In the first seven sessions, we are creating length and space in the tissue and encouraging order in how the segments of the body relate to each other. In session eight, we begin to further refine those relationships. We often find ourselves back in the legs and exploring how we may create more support for the whole body.

Session Nine

Like session eight, session nine is a very integrative session. We may focus more on the upper half of the body, the torso, shoulder girdle, neck and head. We may do more work with movement.

Session Ten

Graduation Day! This is the session where we are working for overall integration and balance through all of the joints of the body. We tend to cover most of the body in this session, re-establishing information from all of the previous sessions.

To see how this system can help you call Christina at 519-325-0118