

reconnection myofascial release wellness llc

Reconnection Myofascial Release & Wellness LLC: Your Path to Holistic Well-being

Are you tired of nagging aches, persistent stiffness, or that nagging feeling that something just isn't quite right in your body? Do you crave a deeper connection to your physical self and a path towards lasting wellness? Then you've come to the right place. This comprehensive guide explores Reconnection Myofascial Release & Wellness LLC, delving into what makes them unique, the benefits of myofascial release, and how their services can help you achieve optimal health and well-being. We'll unravel the mysteries of myofascial release, explore the specific services offered by Reconnection, and ultimately, help you decide if their approach is the right fit for your wellness journey.

Understanding Myofascial Release: More Than Just a Massage

Myofascial release is a gentle yet powerful hands-on technique that addresses restrictions in the body's connective tissue - the fascia. Think of fascia as a three-dimensional web that surrounds and interconnects all your muscles, organs, and bones. When this web becomes tight or restricted (due to injury, stress, poor posture, or repetitive movements), it can lead to pain, limited mobility, and a host of other problems.

Unlike traditional massage, which primarily focuses on muscles, myofascial release targets the fascia itself. By using slow, sustained pressure and stretches, practitioners can help release these restrictions, restoring proper movement and reducing pain. This is not just about superficial relief; it's about addressing the root cause of many musculoskeletal issues. The benefits extend beyond pain reduction, impacting posture, flexibility, and overall well-being.

Reconnection Myofascial Release & Wellness LLC: A Unique Approach

Reconnection Myofascial Release & Wellness LLC sets itself apart through a holistic and personalized approach. They don't just treat symptoms; they aim to understand the underlying causes of your discomfort and create a customized plan to address your individual needs. This individualized care is a key differentiator, making them stand out in a crowded field of wellness providers.

Their commitment to personalized care involves a thorough initial consultation to understand your medical history, lifestyle, and specific concerns. This allows them to tailor their treatment plan to your unique circumstances, ensuring the most effective and beneficial results. This personalized approach allows for more efficient targeting of problem areas and contributes to longer-lasting relief.

Services Offered by Reconnection Myofascial Release & Wellness LLC

While the specifics may vary, Reconnection Myofascial Release & Wellness LLC typically offers a range of services built around myofascial release techniques. These might include:

Myofascial Release Therapy: The core service, focused on addressing fascial restrictions throughout the body.

Craniosacral Therapy: A gentle, hands-on approach that addresses restrictions in the craniosacral system, impacting the central nervous system and promoting relaxation and balance.

Visceral Manipulation: This technique focuses on the internal organs and their fascial connections, improving organ mobility and function. This can be particularly helpful for digestive issues and other internal imbalances.

Postural Assessment and Correction: Understanding your posture is crucial for addressing musculoskeletal problems. Reconnection likely offers assessments and guidance on improving posture to prevent future issues.

Therapeutic Exercise and Stretching: To complement myofascial release and enhance long-term results, tailored exercises and stretches are often prescribed.

It's crucial to contact Reconnection Myofascial Release & Wellness LLC directly to confirm the exact services they offer and their availability.

The Benefits of Choosing Reconnection

Choosing Reconnection Myofascial Release & Wellness LLC offers numerous advantages:

Holistic Approach: They address the root causes of your problems, not just the symptoms.

Personalized Treatment Plans: Your care is tailored specifically to your needs and goals.

Experienced and Qualified Practitioners: Expect skilled professionals dedicated to your well-being.

Improved Pain Management: Effective relief from chronic pain and stiffness.

Increased Mobility and Flexibility: Restore ease of movement and regain lost range of motion.

Enhanced Well-being: Experience a greater sense of physical and mental balance.

Finding Reconnection and Taking the Next Step

To learn more about Reconnection Myofascial Release & Wellness LLC, including their location, hours, and appointment scheduling, visit their website (insert website address here) or contact them directly via phone (insert phone number here). Taking that first step towards better health is often the hardest, but the potential rewards of improved well-being are immeasurable.

Conclusion

Reconnection Myofascial Release & Wellness LLC offers a unique path towards holistic wellness. By focusing on the intricate network of fascia and employing personalized treatment plans, they empower individuals to overcome

physical limitations and achieve a higher quality of life. If you're seeking a comprehensive and effective approach to pain management and overall well-being, consider exploring the services offered by Reconnection. Your body will thank you.

Frequently Asked Questions (FAQs)

1. What should I expect during my first appointment at Reconnection Myofascial Release & Wellness LLC?

Your first appointment will begin with a thorough consultation where you'll discuss your health history, concerns, and goals. The practitioner will then conduct a physical assessment to identify areas of restriction. The initial session may include a combination of myofascial release techniques, depending on your needs.

1. Is myofascial release painful?

Myofascial release is generally not painful, although you may experience some mild discomfort or tenderness as restrictions are released. The practitioners at Reconnection are skilled in using gentle, appropriate pressure to maximize comfort and effectiveness.

1. How many sessions will I need?

The number of sessions required varies depending on individual needs and the complexity of the issue. Your practitioner will work with you to create a personalized treatment plan and discuss the anticipated number of sessions.

1. What are the long-term benefits of myofascial release?

Long-term benefits can include reduced pain, improved mobility and flexibility, better posture, reduced stress, and an overall enhanced sense of well-being.

1. Does my insurance cover myofascial release treatments?

Insurance coverage for myofascial release varies depending on your plan. It's best to check with your insurance provider directly to determine your coverage before your appointment. Reconnection may also be able to provide information on payment options.

reconnection myofascial release wellness llc: Authentic Movement Patrizia Pallaro, 1999-05-01 Patrizia Pallaro's second volume of essays on Authentic Movement, eight years after her first, is a tour de force. It is indeed an extraordinary array of papers, as Pallaro puts it, and an immensely rich, moving and highly readable sweep through the landscapes of Authentic Movement, this form of creative expression, meditative discipline and/or psychotherapeutic endeavour. You don't need to practice Authentic Movement to get a lot out of this book, but it certainly helps! I defy anyone to read the first two sections and not be curious to have their own experience.' - Sesame Institute 'Authentic Movement can be seen as a means by which analysts can become more sensitive to unconscious, especially pre-verbal aspects of themselves and their patients.' - Body Psychotherapy Journal Newsletter 'This book is a collection of articles, some of which are interviews, brought together for the first time. It is very valuable to have them all together in one place...It is a wonderful collection of articles on topics you have always wanted to read, such as the role of transference in dance therapy or Jung and dance therapy. The book also includes scripts for exercises.' - Somatics Authentic Movement, an exploration of the unconscious through movement, was largely defined by the work of Mary Starks Whitehouse, Janet Adler and Joan Chodorow. The basic concepts of Authentic Movement are expressed for the first time in one volume through interviews and conversations with these important figures, and their key papers. They emphasize the importance of movement as a means of communication, particularly unconscious or 'authentic' movement, emerging when the individual has a deep, self-sensing awareness - an attitude of 'inner listening'. Such movement can trigger powerful images, feelings and kinesthetic sensations arising from the depths of our stored childhood memories or connecting our inner selves to the transcendent. In exploring Authentic Movement these questions are asked: - How does authentic movement differ from other forms of dance and movement therapy? - How may 'authentic' movement be experienced?

reconnection myofascial release wellness llc: Integrative Psychiatry Daniel A. Monti, Bernard D. Beitman, 2010 In this volume in the Weil Integrative Medicine Library, the authors describe a rational and evidence-based approach to the integrative therapy of mental disorders, integrating the principles of alternative and complementary therapies into the principles and practice of conventional psychiatry and psychology. The authors will examine what works and what doesn't, and offer practical guidelines for physicians to incorporate integrative medicine into their practice and to advise patients on reasonable and effective therapies.

reconnection myofascial release wellness llc: How to Feed a Brain Cavin Balaster, 2017-01-04 After sustaining his severe injury, the author devoted years to researching and connecting with doctors, nutritionists, practitioners, neuroscientists, and more to learn how to optimize brain recovery and function. How to Feed a Brain is the culmination of the nutritional tools that he has learned through this journey and used in his own recovery. This book is not only for someone with a brain injury or disease, but also for anyone seeking to improve their brain. -- Publisher.

reconnection myofascial release wellness llc: ISIS Practice Guidelines for Spinal Diagnostic and Treatment Procedures Nikolai Bogduk, 2014-07-01 The ISIS 2nd Edition Practice Guidelines book represents the finest compendium of evidence-based information on spinal interventions available today. Years of research, literature review and peer-review is assembled within the pages by the experts in the field. This book is a necessity if you treat or plan to treat patients with spine pain.

reconnection myofascial release wellness llc: Instant Self-Hypnosis Forbes Robbins Blair, 2004-03-01 Instant Self-Hypnosis demystifies the world of hypnosis, providing practical tools and techniques that allow you to access and influence your subconscious mind consciously. Its unique eyes-open method allows you to induce self-hypnosis while fully conscious, making the process more accessible and less intimidating. With a wide range of applications, from overcoming fears and breaking bad habits to enhancing creativity and improving performance, this book is a valuable resource for anyone looking to make positive changes in their life. Its step-by-step approach ensures

that you can easily implement the techniques, regardless of your familiarity with hypnosis. Dive into the world of self-improvement with Instant Self-Hypnosis and embark on a journey of personal transformation that starts from within. Key Features: Practical Techniques: Provides easy-to-follow techniques to harness the power of self-hypnosis. Eyes-Open Method: Features an innovative eyes-open method of self-hypnosis that makes the process more accessible. Wide Range of Applications: Can be used to overcome fears, break habits, enhance creativity, improve performance, and more. Pre-made Scripts: Includes 35 scripts for stress release, having more fun at parties, public speaking, eliminating allergies, flying without fear, ending fingernail biting, better sleep, and so much more. Step-by-Step Approach: Outlines a step-by-step approach that can be easily implemented, regardless of prior familiarity with hypnosis.

reconnection myofascial release wellness llc: Fabric of the Soul Gayle Hubatch, 2012-09-01 Fabric of the Soul guides and motivates a rich understanding of the relationship between physical ailments and the mind and soul. This is the heart of Extraordinary Vessel Theory a tradition in Chinese medicine that yields knowledge about modern syndromes and illness affecting multiple body systems. Fabric of the Soul is clearly written and illustrated with illuminating case studies that provide easy access to a complex theory. This is a resource book to enrich the study and practice of acupuncture and Chinese medicine, Jin Shin Do?« Bodymind Acupressure?«, shiatsu, taiji and qigong. The eight extraordinary, glorious, curious vessels have been described in many ways. In Fabric of the Soul Gayl Hubatch OMD takes us through a truly holistic journey in describing the extraordinary vessels in relation to our well-being and how we can utilize them to better our health. An absolute must in any discussion of extraordinary vessel theory and a welcome addition to any library, western or eastern. Rey Ximenes MD, FIPP, President AAMA A flawless integration of western medicine, science and metaphysics with the totality of traditional Chinese medicine. A masterful presentation, which brings healing to the next level. Dennis M. Furuike, PhD. Certified Integral Qigong and Tai Chi Teacher I love Gayls enthusiasm and dedication for study. She put in this book her knowledge and her sensitivity. I hope many people will benefit of her work. Elisabeth Rochat de la Vallee, European School of Acupuncture

reconnection myofascial release wellness llc: The Odyssey of the Slingshot Man Lani Van Eck, 2018-03-31 When the 1300 square mile Yellowstone volcano erupts, it buries parts of North America under 10 feet of ash. A middle-aged art professor is separated from his family and must walk across the devastated American heartland to reunite with them. The arduous journey becomes a vision quest that morphs into spiritual evolution.

reconnection myofascial release wellness llc: Rainbow Reiki Walter Lübeck, 1998 Rainbow Reiki is a proven system of complex energy work. The basis of Rainbow Reiki, a successful combination of old and new methods, is the Usui System of Reiki. Rainbow Reiki expands the Usui Reiki System through highly developed techniques of energy work and provides possibilities of working directly with subtle beings as teachers. making Reiki Essences, performing guided auro and Chakra work, connecting with existing power places and creating new personal ones, as well as developing Reiki Mandalas, are all a part of this system. by combining the Reiki system with other subtle techniques, intense spiritual powers are set free.

reconnection myofascial release wellness llc: The Price of Stones Twesigye Jackson Kaguri, Susan Urbanek Linville, 2010 Can one person really make a difference in the world? Growing up in Uganda, Kaguri overcame poverty to earn a degree from the national university and worked as a human rights advocate, eventually making his way to pursue studies at Columbia University. When he returned to his village with his American bride, they were overwhelmed by the plight of his village's many AIDS orphans and vowed to open the first tuition-free school for these children. Despite daunting obstacles - lack of funds, skepticism from almost everyone, a lack of supplies, and corrupt school inspectors - the couple doggedly built one classroom after another.

reconnection myofascial release wellness llc: Psychic Psychology John Friedlander, Gloria Hemsher, 2011-08-09 Two of America's most experienced and respected psychic teachers present their system of the subtle energy of interpersonal relationships in a book that will appeal to anyone

wishing to understand and improve their relationships within their families, partnerships, workplaces, and wider communities This useful guide from two of America's preeminent psychics is unique in its focus on individual psychology and interpersonal relationships. It begins with simple meditations during which practitioners learn how to recognize their own psychic energy—and also determine if that energy is constrained. *Psychic Psychology* shows how to free energy through such tools as grounding, clearing psychic enmeshment, and finding the space from which to respond most openly, resourcefully, and generously to life. An entire chapter is devoted to exploring the specific energies men and women have based on their biological differences and helping them to deal with their own energy and that of the other sex. Friedlander and Hemsher present the everyday usefulness of clairvoyant skills within a big picture where they explain that we create our reality, but do not control it; and that the personality—like the soul—is eternal and always growing. The final section describes how psychic skills can be applied in real-world contexts, which are often ambiguous and contradictory. The book explores common issues such as dealing with selfdoubt without jumping to unwarranted, blind confidence and how to communicate effectively, with clear boundaries.

reconnection myofascial release wellness llc: *Iditarod* , 2014-12-15 It's a story that's been waiting to be told for forty years, and now, thanks to that Old Iditarod Gang, *Iditarod: The First Ten Years* shares the behind-the-scenes (and newsmaker) stories with a scrapbook of stories, art, and photography from the dozens and dozens of people who experienced the first decade themselves: the volunteers, race officials, financial supporters, public relations folks, administrators, and the mushers. This highly collectible volume turns back the clock to those seat-of-the-pants years, when the single goal was simply to finish. And what an achievement that was in the days of wool and bunny boots, when mushers carried a seal or a caribou haunch in their sleds, and competitors stayed in checkpoints long enough to share a campfire, some music, and more than a few stories. They're here now, those stories, those images, bound into a rare anthology that you'll enjoy for hour after hour.

reconnection myofascial release wellness llc: *Remembering Emmett Till* Dave Tell, 2021-02-15 Take a drive through the Mississippi Delta today and you'll find a landscape dotted with memorials to major figures and events from the civil rights movement. Perhaps the most chilling are those devoted to the murder of Emmett Till, a tragedy of hate and injustice that became a beacon in the fight for racial equality. The ways this event is remembered have been fraught from the beginning, revealing currents of controversy, patronage, and racism lurking just behind the placid facades of historical markers. In *Remembering Emmett Till*, Dave Tell gives us five accounts of the commemoration of this infamous crime. In a development no one could have foreseen, Till's murder—one of the darkest moments in the region's history—has become an economic driver for the Delta. Historical tourism has transformed seemingly innocuous places like bridges, boat landings, gas stations, and riverbeds into sites of racial politics, reminders of the still-unsettled question of how best to remember the victim of this heinous crime. Tell builds an insightful and persuasive case for how these memorials have altered the Delta's physical and cultural landscape, drawing potent connections between the dawn of the civil rights era and our own moment of renewed fire for racial justice.

reconnection myofascial release wellness llc: *Biologics in Orthopaedic Surgery* James P. Stannard, James L. Cook, Lisa Ann Fortier, 2016 A practical guide to the next frontier in orthopaedic surgery *Biologics in Orthopaedic Surgery* is a clinical reference that provides readers with a thorough review of state-of-the-art orthobiologics currently used by orthopaedic surgeons, including cutting edge developments in this field. Chapters are written by world-renowned experts and cover the relevant science, regulatory aspects, and practical application recommendations for orthobiologics. Key Features: Includes practical application boxes in every chapter that explain how to apply evidence to practice Covers the latest regulatory positions of the Federal Drug Administration (FDA) and the European Medicines Agency (EMA) on the use of biologics for treating musculoskeletal disorders Focuses on contemporary applications and outcomes for biologics used to

treat articular cartilage, tendon, ligament, meniscus, and bone injuries/conditions This book is an invaluable reference that helps orthopaedic surgeons properly use currently available biologics for treating orthopaedic disorders.

reconnection myofascial release wellness llc: Yoga for Life Colleen Saidman Yee, 2015-06-02 From a rebellious young woman with a dangerous heroin habit to a globe-trotting fashion model to “First Lady of Yoga” (The New York Times), Colleen Saidman Yee tells the remarkable story of how she found herself through the healing power of yoga—and then inspired others to do the same. I’ve learned how to extract the beauty of an ordinary day. I’ve learned that the best high exists in the joy—or the sadness—of the present moment. Yoga allows me to surf the ripples and sit with the mud, while catching glimpses of the clarity of my home at the bottom of the lake: my true self. The very first time Saidman Yee took a yoga class, she left feeling inexplicably different—something inside had shifted. She felt alive—so alive that yoga became the center of her life, helping her come to terms with her insecurities and find her true identity and voice. From learning to cope with a frightening seizure disorder to navigating marriages and divorces to becoming a mother, finding the right life partner, and grieving a beloved parent, Saidman Yee has been through it all—and has found that yoga holds the answers to life’s greatest challenges. Approachable, sympathetic, funny, and candid, Saidman Yee shares personal anecdotes along with her compassionate insights and practical instructions for applying yoga to everyday issues and anxieties. Specific yoga sequences accompany each chapter and address everything from hormonal mood swings to detoxing, depression, stress, and increased confidence and energy. Step-by-step instructions and photographs demonstrate her signature flow of poses so you can follow them effortlessly. Yoga for Life offers techniques to bring awareness to every part of your physical and spiritual being, allowing you to feel truly alive and to embody the peace of the present moment.

reconnection myofascial release wellness llc: The Collected Papers of Irvin M. Korr Hollis H. King, 1997-06 This volume is devoted to the collected works of Irvin M. Korr. It is composed of papers on osteopathic research, dating from 1876 to 1996. These deal with topics such as the spinal cord as organizer of disease processes, somatic dysfunction, and restoring the musculoskeletal system to health.

reconnection myofascial release wellness llc: Change Your Smile Ronald E. Goldstein, 1988 In this second edition of a work on improving the appearance of patients' teeth, there are new sections on bleaching, porcelain laminates, porcelain inlays/onlays, resin-bonded bridges and more.

reconnection myofascial release wellness llc: Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain Sebern F. Fisher, 2014-04-21 Working with the circuitry of the brain to restore emotional health and well-being. Neurofeedback, a type of brain training that allows us to see and change the patterns of our brain, has existed for over 40 years with applications as wide-ranging as the treatment of epilepsy, migraines, and chronic pain to performance enhancement in sports. Today, leading brain researchers and clinicians, interested in what the brain can tell us about mental health and well being, are also taking notice. Indeed, the brain's circuitry—its very frequencies and rhythmic oscillations—reveals much about its role in our emotional stability and resilience. Neurofeedback allows clinicians to guide their clients as they learn to transform brain-wave patterns, providing a new window into how we view and treat mental illness. In this cutting-edge book, experienced clinician Sebern Fisher keenly demonstrates neurofeedback's profound ability to help treat one of the most intractable mental health concerns of our time: severe childhood abuse, neglect, or abandonment, otherwise known as developmental trauma. When an attachment rupture occurs between a child and her or his primary caregiver, a tangle of complicated symptoms can set in: severe emotional dysregulation, chronic dissociation, self-destructive behaviors, social isolation, rage, and fear. Until now, few reliable therapies existed to combat developmental trauma. But as the author so eloquently presents in this book, by focusing on a client's brain-wave patterns and training them to operate at different frequencies, the rhythms of the brain, body, and mind are normalized, attention stabilizes, fear subsides, and, with persistent, dedicated training, regulation sets in. A mix of fundamental theory and nuts-and-bolts practice, the

book delivers a carefully articulated and accessible look at the mind and brain in developmental trauma, what a “trauma identity” looks like, and how neurofeedback can be used to retrain the brain, thereby fostering a healthier, more stable state of mind. Essential clinical skills are also fully covered, including how to introduce the idea of neurofeedback to clients, how to combine it with traditional psychotherapy, and how to perform assessments. In his foreword to the book, internationally recognized trauma expert Bessel van der Kolk, MD, praises Fisher as “an immensely experienced neurofeedback practitioner [and] the right person to teach us how to integrate it into clinical practice.” Filled with illuminating client stories, powerful clinical insights, and plenty of clinical how to, she accomplishes just that, offering readers a compelling look at exactly how this innovative model can be used to engage the brain to find peace and to heal.

reconnection myofascial release wellness llc: *Genie in Your Genes* Dawson Church, 2018-09-02 Your genes respond to your thoughts, emotions and beliefs. The way you use your mind shapes your brain, turning genes on and off in ways that can dramatically affect your health and wellbeing. In this best-selling, award-winning book, researcher Dawson Church reveals the exciting applications of the new science of Epigenetics (epi=above, i.e. control above the level of the gene) to healing. Citing hundreds of scientific studies, and telling the stories of dozens of people who have used his ideas for their own healing, he shows how you can apply these discoveries in your own life. He explains how electromagnetic energy flows in your body and affects your cells, and how the new fields of energy medicine and energy psychology can help cases that are beyond the reach of conventional medicine. He shows how your hormonal, neurological, connective tissue, and neurotransmitter systems all work in harmony to conduct a coordinated flow of information throughout your body. As you take conscious control of the process, you produce a positive effect on your health, becoming an epigenetic engineer of your own wellbeing. Practical and scientific, this book has transformed the lives of tens of thousands of people. This new edition is updated with the latest research and clinical breakthroughs.

reconnection myofascial release wellness llc: *Sex Matters for Women* Sallie Foley, Sally A. Kope, Dennis P. Sugrue, 2011-12-13 A guide to help women understand how their bodies work and to take charge of their sexuality, discussing anatomy, body image, trauma, overcoming difficulties, and related topics.

reconnection myofascial release wellness llc: *Induced After Death Communication* Allan Botkin, 2014-05-01 “Dr. Botkin has hit upon a fascinating and powerful new tool that may not only help clients cope with their losses, but also breaks new ground in understanding life and death.” —Bruce Greyson, MD, bestselling author of *After* “A must read for all serious students of death and dying.” —Raymond Moody, MD, PhD *Induced After Death Communication* (IADC) is a therapy for grief and trauma that has helped thousands of people come to terms with their loss by allowing them the experience of private communication with their departed loved ones. This is the definitive book on the subject. Botkin, a clinical psychologist, created the therapy while counseling Vietnam veterans in his work at a Chicago area VA hospital. Botkin recounts his initial—accidental—discovery of IADC during therapy sessions with Sam, a Vietnam vet haunted by the memory of a Vietnamese girl he couldn't save. During the session, quite unexpectedly, Sam saw a vision of the girl's spirit, who told him everything was okay; she was at peace now. This single moment surpassed months--years--of therapy, and allowed Sam to reconnect with his family. Since that 1995 discovery, Botkin has used IADC to successfully treat countless patients—the book includes dozens of case examples—and has taught the procedure to therapists around the country. This is the inside story of a revolutionary therapy that will profoundly affect how grief and trauma are understood and treated.

reconnection myofascial release wellness llc: *UFOs and the Extraterrestrial Message* Richard Lawrence, 2014-02-21 Spiritual investigator Richard Lawrence looks at the evidence for extraterrestrial contact and attempts to explain why aliens are so interested in us. In this unique investigation of cosmic communication, Richard Lawrence presents the evidence for extraterrestrial contact in a whole new light, examining how these benign beings might offer humanity a rare opportunity for spiritual evolution. From creation myths and the big UFO theories to little-known

eyewitness accounts, X-file exposes and his fascinating personal experience of alien contact, Richard also looks at channelled messages from alien beings - and reveals how these messages hold the key to our own cosmic intelligence. Enlightening and controversial, he answers many of our questions about aliens but reveals, too, that understanding the greater universe can be part of our own journey towards higher consciousness in our everyday lives. Richard Lawrence is an award-winning author. He has written extensively on guardian angels, prayer, meditation and many other aspects of personal development and empowerment. A world-renowned UFO expert and spiritual investigator, Richard was the first to bring declassified CIA and Pentagon UFO files to Britain in 1980. He is a popular broadcaster and is the author of Prayer Energy (CICO Books), the award-winning Gods, Guides and Guardian Angels and many more.

reconnection myofascial release wellness llc: Yvain Chretien de Troyes, 1987-09-10 The twelfth-century French poet Chrétien de Troyes is a major figure in European literature. His courtly romances fathered the Arthurian tradition and influenced countless other poets in England as well as on the continent. Yet because of the difficulty of capturing his swift-moving style in translation, English-speaking audiences are largely unfamiliar with the pleasures of reading his poems. Now, for the first time, an experienced translator of medieval verse who is himself a poet provides a translation of Chrétien's major poem, Yvain, in verse that fully and satisfyingly captures the movement, the sense, and the spirit of the Old French original. Yvain is a courtly romance with a moral tenor; it is ironic and sometimes bawdy; the poetry is crisp and vivid. In addition, the psychological and the socio-historical perceptions of the poem are of profound literary and historical importance, for it evokes the emotions and the values of a flourishing, vibrant medieval past.

reconnection myofascial release wellness llc: Rooted in the Infinite Rebbie Straubing, 2006-09 This book is a compilation of direct experiences revealed in meditation over many years. Defined by the author as a mystical approach to alignment, Rooted in the Infinite offers a complete explanation and concrete exercises that enable readers to begin, continue, or enhance their meditative life for the purpose of unity with the Divine, creating the heart's desire in the physical, and cultivating a sense of balance in one's life. The novice may finally find a teaching that will prepare her for successful sitting. The hatha yoga practitioner can achieve great focus and alignment that will enhance his practice dramatically. Advanced meditators will find in this book the possibility of deepening of their practice. Cindy Saul, Publisher and Editor, phenomeNEWS www.phenomenews.com Popular phenomeNEWS columnist Rebbie Straubing's first book is wonderful. In this easy-to-read and clearly written text, Straubing describes her system of YOFA, the yoga of alignment. She uses the analogy of a garden to describe the stages one goes through in reaching inner enlightenment, which leads to inner peace and healing. Her technique of using three points of connection, the X, Y and Z-axes which all intersect at the root of consciousness puts meditation into a framework that makes sense. And she includes the chakra system, combining them all together in a homogenous energetic mix of mind, body and soul connection that moves us into enhanced transcendent experience. The exercises at the end of the book compliment the information in the early chapters. Meditation is now something that everyone can align themselves with easily and effortlessly. Of course, being a big Abraham fan, I love her abundant use of their teachings throughout the book. They have obviously been a big influence in her life and in enhancing the creation of this most valuable learning tool. Straubing uses the analogy of the garden to teach. She brings it all together in the final chapter when she writes, The inner garden that we have been tending turns out to be the garden of the Self and it exists only at that extraordinary point where here, now and being intersect. We water this garden by pouring our uninterrupted pure consciousness on its fertile ground. We cultivate with the practices of concentration and meditation, which weed out conflicts in our vibration and bring forward the sweet fruit of our hearts' desires. I recommend this book for anyone wanting to learn meditation or to enhance their current meditation practice and also for novices just beginning to understand universal flow. Thanks, Rebbie, for bringing us a practical, easy-to-use technique to brighten and lighten our path.

reconnection myofascial release wellness llc: Life in the Bones David Lauterstein,

2017-06-01 Dr. Fritz Smith's life integrates an incredible number of influences from the history of bodymind therapy. In 1921 His father, Dr. Ernest Smith, initiated the first four-year Chiropractic training in the U.S. In 1955 Fritz Smith himself became a Doctor of Osteopathy, then acquired his M.D. He subsequently became one of the first Medical Doctors to be certified as a Rolfer. He received his Masters in Acupuncture UK after studying for years with J.R. Worsley in England. He has been profoundly influenced by Eastern and Western teachings on the relationship of anatomy and energy. Dr. Smith is the author of *The Alchemy of Touch and Inner Bridges: a Guide to Energy Movement and Body Structure*. Out of his vast background, arose Fritz's singular modality, Zero Balancing, which he began teaching in the early 1970's, now with over 1,000 practitioners world-wide.

reconnection myofascial release wellness llc: *The New American High School* Ted Sizer, 2013-05-22 The late Theodore Sizer's vision for a truly democratic public high school system Our current high schools are ill-designed and inefficient. We have inherited a program of studies that in its overall structure has not changed in over a century. The question is What's next? Theodore Sizer, the founder of The Coalition of Essential Schools, was a passionate advocate for the American school system. In this, his last book, he offers a vision of what a future secondary education might look like. In a book that tells the story of his own odyssey, Sizer gives shape to a much-needed agenda for improving our high schools. Includes a vision for the future of our High Schools from one of America's greatest leaders of educational reform Written by Theodore Sizer founder of The Coalition of Essential Schools and author of landmark book *Horace's Compromise* This final book from the late Theodore Sizer reveals the man and his vision for our secondary education system.

reconnection myofascial release wellness llc: *Alpha herpesviruses* Sandra Knowles Weller, 2011 Alpha herpesviruses are a fascinating group of DNA viruses that includes important human pathogens such as herpes simplex virus type 1 (HSV-1), HSV-2, and varicella-zoster virus (VZV): the causative agents of cold sores, genital ulcerous disease, and chickenpox/shingles, respectively. A key attribute of these viruses is their ability to establish lifelong latent infection in the peripheral nervous system of the host. Such persistence requires subversion of the host's immune system and intrinsic antiviral defense mechanisms. Understanding the mechanisms of the immune evasion and what triggers viral reactivation is a major challenge for today's researchers. This has prompted enormous research efforts into understanding the molecular and cellular biology of these viruses. This up-to-date and comprehensive volume aims to distill the most important research in this area providing a timely overview of the field. Topics covered include: transcriptional regulation, DNA replication, translational control, virus entry and capsid assembly, the role of microRNAs in infection and oncolytic vectors for cancer therapy. In addition there is coverage of virus-host interactions, including apoptosis, subversion of host protein quality control and DNA damage response pathways, autophagy, establishment and reactivation from latency, interferon responses, immunity and vaccine development. Essential reading for everyone working with alpha herpesviruses and of interest to all virologists working on latent infections.

reconnection myofascial release wellness llc: *In the Presence of Many* Vivian Broughton, 2010-01 Methodology of systemic constellations for psychotherapists and counsellors

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become more confused. Moshe Daniel uses a profound and simple style of writing to share this eternal knowledge to help the reader connect with their true nature. Demystifying ancient belief systems about the nature of the man and the woman, Moshe sets the record straight in this text, where he reestablishes the direct relationship we have with our true nature and our Creator, for the liberation of slavery caused by all attachments to false doctrine and the control of religion. This time, Moses will replace plagues with peace, law with love, aimless wandering with purposeful direction, and the slavery of oppressive belief systems with the freedom of total transformation! Filled with healing meditations, and exercises, poetry, and colorful artwork, this book is a rare gem for the seeker of clear and simple Truth.

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reconnection myofascial release wellness llc: A Therapist's Guide to Understanding Myofascial Release Cathy Covell, 2014 This book is a great resource for anyone in the healthcare profession or anyone who facilitates the healing process. It is especially helpful for body workers and therapists. It gives simple answers that can help both therapists and patients with their understanding of the healing process in general, and also helps with more specific questions about myofascial release. Some of the questions are: what is myofascial release? How is myofascial release different from other techniques? What can myofascial release help with? The answers given are simple, concise, and will help with an overall understanding of the healing process, which can then

allow for faster and more significant results. Cathy Covell lives what she writes. She is the Speak/Speech. Talks the Speak/Speech. Is the Speak/Speech. Feel your aliveness. Feel how much safer it is to feel your aliveness then to stay numb. Cathy Covell actually shows you how to do this. How to feel human and alive all at the same time. -Mary Ryan They are all great, must have books ! -Dan Betz Cathy's book has been vital to my healing journey. I have received Myofascial Release Therapy (MFR) for many years that has greatly benefited my health and kept me from disability retirement in my early 40's. Nevertheless, it was not until Cathy started writing her books explaining what Myofascial Release Therapy is in an honest, clear and fun way, that I started understanding the treatment and my role in the process. Since then my health has improved at a faster pace, the benefits of treatment at the clinic, or self treatment, are much greater than before, and the results are long lasting. Anyone receiving Myofascial Release Treatments will definitely benefit from reading Cathy's book, *Feeling Your Way Through* and *A Patient's Guide to Understanding Myofascial Release: Simple Answers to Frequently Asked Questions*. -Mercedes Reaves We have been buying Cathy's books for a few years to sell here in the UK as they are a fantastic resource for both therapists and clients offering a wisdom of information and wealth of practical understanding to the John F Barnes approach to myofascial release. I would recommend these books to anyone interested in myofascial release as a therapy for pain and discomfort or as an adjunct to their learning experience from attending seminars. Cathy writes with both passion for the work as well as from her skill and expertise through her years of dedication to the approach, great books Cathy!! -Ruth Duncan Cathy does a wonderful job of conveying principles of myofascial release with books that are clear and profound. She does a great job of answering many of the questions that therapists and patients often have, and sharing great insights from her vast well of wisdom and experience. - Mary Winslow Cathy Covell's books are fantastic! She has a gift for brilliantly conveying information and wisdom in an easily digestible fashion. Her books have helped me as a therapist and as a patient. I give all of my new patients one of her books at their first visit at my wellness center. Bravo, Cathy! - Phil Tavalacci

reconnection myofascial release wellness llc: Myofascial Release Ruth Duncan, 2014-04-16 Myofascial Release provides comprehensive training for hands-on therapists of all disciplines and at all levels to expand their practice. From technique descriptions and their applications to client interactions and the preservation of practitioner strength and functionality, this guide teaches therapists every crucial aspect of employing myofascial release to its fullest benefit. This scientifically grounded whole-body approach presents an overview of the entire fascial matrix, the three-dimensional web of tissue that supports, encompasses, and protects every other structure in the body. The explanation of the anatomy and function of the connective tissue system gives practitioners the solid background needed for working most effectively with soft tissue to treat muscle injury, immobility, and pain. The book also outlines how myofascial release relates to other massage modalities in the *Hands on Guides for Therapists* series, ensuring therapists incorporate all of their skills to the greatest effect for their clients. Descriptions of over 60 myofascial techniques contain details on the timing, direction, and hold of each stretch as well as numerous photographs that illustrate the body and hand positions of each technique. Nuanced explanations of the unique feel of soft tissue, including the component of position of ease felt in the fascial drag, enhance the therapist's palpation skills. The therapist learns how to apply the best approach—cross-hand releases, longitudinal plane releases, compression releases, and transverse plane releases—on specific injuries or issues and how to combine techniques to maximize their effectiveness. The text also contains home programs that clients can use themselves between treatment sessions. Myofascial Release provides an entire therapeutic approach as opposed to just the hands-on application that most books offer. Special features make this resource more effective and efficient for readers:

- Full-color photos present a strong visual guide to employing each technique safely.
- The photo index reference tool quickly points readers to the desired technique.
- Therapist tips provide practical comments on applying the techniques.
- Client talk boxes share the author's experiences and insights on common situations.
- Quick Questions at the end of each chapter test

readers' knowledge of material. Finally, the text offers insight on interacting with clients and ensuring their entire therapeutic experience is fulfilling. It covers the client consultation process, checking for contraindications and performing the visual assessment, how the client may respond to the treatment, and what the practitioner and client might feel and see during the process. Readers will come away from Myofascial Release with a holistic understanding of the approach and how to apply the principles to their practice. Myofascial Release is part of the Hands-On Guides for Therapists series, which features specific tools for assessment and treatment that fall well within the realm of massage therapists but may be useful for other body workers, such as osteopaths and fitness instructors. The guides include full-color instructional photographs, Tips sections that aid in adjusting massage techniques, Client Talk boxes that present ideas for creatively applying techniques for various types of clients, and questions for testing knowledge and skill.

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