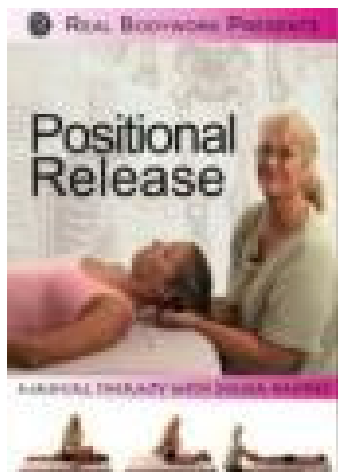


Positional Release

DVD: 3 hours

HAYNES Diana



Positional Release therapy is an excellent way to release hyper-sensitive tissue easily and quickly. Known also as Ortho-bionomy, strain-counter-strain and neuromuscular re-education, this technique uses the body's nervous system to remind the muscles to relax.

This comprehensive DVD shows how to release the most common dysfunctions with ease and skill. This DVD contains 33 chapters, 59 releases, almost 3 hours of information and great for hyper sensitive areas.

About the Author

Diana Haynes, Diana Haynes, the instructor, has been practicing various forms of bodywork for over 30 years. She has over 1000 hours of training and has been teaching for over 20 years in a wide range of massage topics, including Swedish, therapeutic, deep tissue, neuromuscular, sports, myofascial, lymphatic, anatomy, pathology, healing trauma etc.

Diana believes that Positional Release is the single most effective technique that can take away pain in the hyper-sensitive area away in a minute. Each of us have a nature to position our body in a relieving posture. She brings her technical skill and clear teaching style to this great DVD.

Diana Haynes
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