

Incorporate Self-Care - A Key Component to Healing

Inner Awareness with Linda

Learn simple self-care techniques to eliminate pain at home using myofascial release

60 minute
One-on-one session

You will learn:

- MFR self-care principles
- Relaxation techniques
 - Breathwork
 - Body awareness
- How to use myofascial tools

BONUS:

FREE 4" ball

How to schedule:

Call or email
(ask for an IA session)



Release • Empower • Freedom from Pain



Natural Balance Therapy

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Therapeutic Exercise with Amy

Who would benefit:

You've learned the basic self-care techniques and are now ready to make changes for greater improvement.

OR

You're struggling with a current self-care technique and need a quick review.

30 minute (one-on-one session)

OR

15 or 30 minute (video chat from the comfort of your own home)

Pre-req: Inner Awareness or approved by Amy

How to schedule:

Call or email
(ask for a ther ex session)