

BODY REALIGNMENT - STUDENT TESTIMONIALS

Having previously been a case study for a student of Body Realignment I knew how awesome it could be; there really is nothing like it. I found it so good I studied massage so that I could attend Jan's Body Realignment Course. (I do not have a background in therapy but wanted very much to learn more about this protocol).

The course is demanding but hugely rewarding and Jan is extremely knowledgeable. She helps every step of the way, drawing on her years of experience in nursing and therapy. It is also a personal journey which has benefited my physical and emotional health.

I can honestly say that I will no longer be doing 'standard' massage work. The techniques we learnt on the Body Realignment course are so amazing and produce such outstanding results that these are what I will be using.

My thanks are for Jan, who nurtured us and shared her discoveries and learning with us. I have already saved a friend from surgery using Body Realignment techniques and relieved the pain of others. This is truly life-changing. **Sarah Strong, Student 2012**

I came across Body Realignment in 2010 when I was looking for a course that could take me to the next level of helping my clients improve their posture and eradicate pain more effectively. My original training was very clinical and focused on very black and white techniques of releasing muscles, mainly with deep tissue techniques. I was getting results with this, but not lasting results.

One of the first lessons I learned on the Body Realignment course is how much more 'less' can actually be! My techniques have slowed immensely and my touch has become much more sensitive. Learning about Fascia has changed my way of working with the body forever! Lasting changes in musculo-skeletal dynamics can be achieved more quickly and efficiently. My clients today find Body Realignment very relaxing and effective and prefer it over massage in all events.

I achieved what I was looking to do, but it turned out that for me this course was not just to teach me to help others, it was a journey of looking into myself in a way I have never done. I was quite sceptical about the energy work in the beginning, as I come from a very clinical background, but the results in others and myself were powerful and undeniable. I knew I had some personal insecurities, as we all do, and I thought I hid them quite well! However, after learning the different signs of energy imbalances, recognising the signs in myself and how to free myself from them, I began to notice subtle changes almost instantly.

Today, I feel like an entirely different person. My way of thinking has been transformed, the way I look at life, the way I feel, it has all been changed! It's not a quick journey though, and it can be quite challenging at times. I realise it is important that you have gone through a lot of your personal journey to be able to help guide someone else through theirs.

Body Realignment has helped me flourish as a person and therapist in countless ways. Because I now have such a different understanding of the mind-body connection, and am able to help my clients achieve lasting physical and emotional freedom, my work has become more fulfilling than I could have ever imagined. **Brittany Spence, Body Realigner**

I came about this course by accident while looking on line for a therapy that I could retrain in. My current career although very enjoyable hurt too much!

As a keen horse rider in my teens I suffered a painful and frightening fall which left me with concussion and from which I suffered reoccurring neck and back muscle spasms. Sporadically into my 20s these spasms would reoccur but this was a minor and occasional inconvenience so I took painkillers and ignored it till it went away.

In my mid 20s I than suffered a whiplash from a car accident. My body has never been the same since.

There have been many days when the only way I could get through my working day is by taking very strong pain medication and as much of it as I could get away with.

My doctor told me this was the only thing she could do for me so I started to look around for a solution. I have tried just about everything from the conventional to the weird and spent a fortune in the process.

When I started on this course I had been seeing a chiropractor for about 10 years on a regular basis and although this would give me temporary relief the pain was only lessened never cured and the painkillers stayed as a regular fallback when I couldn't ignore it any longer.

Meeting Jan and starting this course has started me on the path to recovery. I no longer wake up in the morning ready for the pain of another day nor do I leave work exhausted and drained.

Although not fully pain free yet (we are only half way through the course after all) my body feels freer, lighter and I no longer have to mentally fight with it to get through the day.

Jan is a professional, knowledgeable and enthusiastic teacher and has bags of patience. The work we are doing has not only had an amazing effect on my body but also my mind. I have literally at times been blown away by what I have learned and experienced. My whole mind set has begun to change.

Jan provides a warm supportive and safe environment for us all to explore what we have experienced through our lives and presents an amazing opportunity to help us deal with and let go of our STUFF. I for one didn't think I had any to get rid of. How wrong can you be?

I look forward to continuing to work with Jan and the others on the course and to one day being able to practice this work in my salon.

I would fully recommend this course to any one who is ready to make a difference not only to their own bodies but to other people. **Heather Clowe, Body Realignment student, 2011**