

Christmas offer

Buy 1 get 1 FREE and let a friend discover what their feet are telling them about themselves!



Or let them enjoy a session with the Grinberg Method body work!



Foot analysis

Foot analysis is a technique that shows how limitations break out in the body and in behaviors. The foot's texture, its lines, its shape and structure are all elements allowing us to better comprehend the basic attitudes of a person; where for instance are their strengths and respectively their weaknesses. While talking with the client, the practitioner can get an idea about how these signals appear in their body and their life. The foot analysis leads us to define what a person would need to learn: **how to relax and to let go, how to handle stress better, how to manage or digest pain, how to stop suffering from an old injury, etc.**

Session

An individual session gives you the opportunity to experience a new body approach. New sensations will develop thanks to touch, respiration and verbal instructions which will give you the possibility of improving your **corporal perception**.

This new sensitive awareness, allows you to **recognize** and **overcome repetitive attitudes** which limit your behavior. For example, the way you always hold your shoulders, how you contract your stomach, the way you sit ... or even the way you perceive your relatives.

These are tools of the Grinberg Method. The practitioner, through touch and breathing, help the client to feel more awareness of their body and to identify patterns that limit or damage their well-being and freedom.

Price: Fr. 100.- The voucher will be delivered by post.

Michelle Sabatini | Qualified Grinberg Method practitioner
Das Zentrum der Körperarbeit | Schaffhauserstrasse 43 | CH - 8006 Zürich
Mobile +41 78 779 16 07 | michelle@bodylearning.ch | www.bodylearning.ch