

Body Mind Spirit Alignment

Depending on your goals for the session, the emphasis of this work may be on one, or any combinations, of the 3 different dimensions of your being – body, mind and spirit – working individually or together, from a holistic standpoint, to contribute to your optimum health and well-being.

For best results, different therapeutic massage and bodywork modalities may be used (including Craniosacral Therapy, Structural Integration, Myofascial Release, Deep Tissue Massage, Neuromuscular therapy, Lymphatic Drainage, Acupressure, Biodynamic Boyesen, Reflexology and/or Abdominal Massage) in combination with posture analysis, ‘intuitive body reading’ and energy healing.

1) *Body Alignment* – Helps to gently and deeply eliminate pain and soreness and uproot underlying patterns of tensions in the muscles and fascia created by misalignment, bad posture, misuse of the body, injuries and repetition of movement, while allowing the joints and bones to be more free and recover their more proper alignment. Also helps improve neuropathy and circulation of blood, lymph and energy, supporting the body’s own natural healing abilities.

In order to best support the work, you may be taught how to better anchor and strengthen the core and correctly extend it throughout the extremities. This may help improve performance – strength and power, flexibility and fluidity, stability and balance – and achieve a better overall postural and structural alignment, which in return will reduce the risk of further disturbance and dysfunction in the muscular, skeletal, and nervous systems – amongst others.

2) *Body-Mind Alignment* – Works in conjunction with the client’s breath and internal awareness of the body to help bring to the surface and release layers of resistance found in the soft tissue / fascia which may be caused by inner stress (or internalized mental and/or emotional stress) and create recurring patterns of discomfort, tension, pain and/or other possible psychosomatic disorders. Helps improve overall health and wellbeing as tensions in the fascia system (which encompasses all tissues, bones, joints, muscles, organs and glands) and their contributing factors and root causes are identified and released. This process may also help deepen your proprioception / body-mind connection and develop greater self-awareness and self-understanding, which may in turn help you make better choice for your overall health. A balanced body free to fully connect to its core and emerge from it, even in the most subtle movements is one through which one’s presence can be more fully manifested and expressed.

3) *Body-Mind and Spirit Alignment* – The chief objective of this work is to give you an opportunity to evaluate your overall wellbeing in a safe and comfortable environment. We will work together at identifying energy blockages corresponding to your areas of concerns and addressing them at your own pace. This possibly may bring to conscious awareness different sensations, memories and emotions held inside your body and unconscious mind, as well as other insights that we will work together at integrating while you progress towards a deeper alignment and unification of body, mind and spirit. This may result in a lighter, freer and/or more complete sense of self, a clearer sense of purpose for your life and help you develop a greater understanding of how to best operate in your environment.

Note: This therapeutic treatment can be specifically formulated to address the concerns of pregnant women in their second and third trimester; massage is contraindicated for pregnant women in their first trimester.)

Testimonials

I've received a few massages from Jeanne Marie, who continues to impress me with technical prowess and keen understanding of the human body, mind and spirit. She has been helping me with muscular and skeletal alignment (for posture, balance, etc.), which strengthens my presence in all activities. She really knows how to connect with her clients to provide a premium service. (E.L.)

... For massage, I'm currently seeing Jeanne Marie and she has a gift of intuition like I've never experienced before ... she knows EXACTLY what you need and how to make you feel better. She fixes you! (B Z.)

I have been coming here for at least two years - exclusively to see Jeanne Marie. She is the absolute BEST. I wish Yelp would let me give her twenty stars. I have years and years of experience receiving/studying many types of massage, and I can honestly say that Jeanne Marie is the most talented therapist I have ever worked with. My chronic pain has been easily managed with her style of work. She is also highly intuitive, which makes for extremely effective and long lasting results. (L.B.)

Thank you for all you have done to promote my healing. You had a large part in this trip being so special and so healing. From the bottom of my heart, thank you and God bless you. (C.W.)

"Jeanne is highly skilled and profoundly knowledgeable. I chose the ten-session package to activate and align my body, it has given me amazing results. (S.Y.)

Jeanne Marie is my favorite!!!! She saved my life when I broke my back. She has this calming vibe that I really appreciate. (M.A.)

Thank you so much for the excellent massage and body/mind work last evening. I continue to feel lighter and clearer... I am also referring my friends who are interested in this type of work. I am so appreciative of your skills. (B.R.)

Thank you so much for all you have done since we started working together. You are a part of the reason I truly celebrated my 60th birthday. I have not felt this healthy physically, emotionally or spiritually in a long time. Thank you for your gift and for the tools you have given me. I am forever grateful. (C.W.)

Just wanted to thank you for taking such amazing care of us, and on a Sunday evening besides. You definitely made our night. It is very much appreciated, more than money shows. We very much look forward to coming back next. (P.A.)

Bringing the presence in the body, I am feeling more toned, connected and integrated in my body... (E.L.)

I've been through over 20 massage therapists over the years and have been disappointed with every one of them. Finally I grew a brain and realized that getting a massage therapist certification is way too easy and that there's a level of education above that, it is called Rolfing / Structural Integration After doing some research I came to the conclusion that a massage therapy degree is like a drivers license. As long as you're not blind and have 2 arms you wont fail. I don't know how most of the people I got worked on from even have jobs, honestly, if I wanted a back scratch I'd get a back scratcher from the dollar store. For a dollar. The amount of times I've left an hour session 100 dollars poorer is depressing, but alas, no more. No longer will I give said scrubs my hard earned dough. Jeanne Marie has changed my life and out of all the great things I miss about San Diego she's numero Uno. She has Rolfing knowledge, strong deep tissue work, a true understanding of posture and

anatomy and divine insight on the individual. After a few sessions' a month for a year, I finally corrected my life long bad posture and am getting through my back pain way more easily. I really wish she wrote the test on massage license curriculum because 90 percent of these other imposter healers would be out of work like they should be. Step your game up everyone else- she raises the bar. Choose the Body Mind Spirit alignment on the site. It's the real deal. (K.D.)

Thank you again for helping me to enjoy my life... (C.W.)

Oh my gosh!! Walked in with my pain at a 50 on as scale of 1-10, left at about a 2 after only 60 minutes with Jeanne! That woman works miracles. She even gave me a few tips to help in between. I got the neuromuscular therapy. Essentially it is a serious pressure point massage. Works well for pinched nerves! Honestly can't wait to go back! (B.D.)

Jeanne is so gifted and this was the BEST massage I have ever had. She has a gift for this craft, and I will absolutely be coming back and requesting her. I walked in with extreme tension and just an overall imbalance, and left feeling more like myself and like I had a very long warm bath routine for about a week! (A.M.)

... I had the basic massage to relax and just get good circulation going. I was a bit sick so this was definitely a must. She is very good at what she does and one of the few out there that actually uses long broad strokes when massaging. Some have used fingers and don't have a clue what they're doing which hurts. Definitely recommend her, and will be coming back again. (J.G.)

In my many, many years of receiving massage, I've never experienced the type of results I achieve by working with Jeanne Marie. It's her unique combination of energy work coupled with deep tissue that gives me better, longer-lasting results than just deep tissue alone. When she's not available, I have received deep tissue by very talented therapists, yet every time my positive results are quite short lived. What she does is remarkable – I've never experienced positive healing to this degree. (G.B.)

Jeanne Marie is genius. I had excruciating back pain (I couldn't even walk, drive, sit, etc.) She worked on my lower back and hip, and my pain was minimized. Before receiving her treatment, I saw 2 different chiropractors, and 2 different massage therapists. None of them provided me the service and care that Jeanne Marie provided. She really goes extra miles to help her customers and she is really committed to actually "help" her customers. Because of my pain situation, I was not looking for a relaxing "spa" kinda experience. I seriously was in hell, and I needed professional attention to fix me. In my opinion, many massage therapists are only trained to give customers "relaxing, spa" experience, which is fine if you are healthy and have no serious pain. But if you have some medical conditions, then you don't want to receive "oh I feel so good" kinda massage. I needed "pleeaaasse help me out from this hell!!!!" kinda massage :) Jeanne Marie knows how muscle works, how my body works, and how pregnant women's bodies work. Not only I had the best prenatal massage, but also she gave me the best massage... ever! (S.A.)

Thank you for helping me to have a wonderful pregnancy. Your work has been magical. (A.B.)

I feel very blessed that the Lord led me to you! Thank you for helping me with my headaches! (S.L.)

Wanted to let you know how much I value our sessions together. You are such a pro! Thank you for the comfort, the insights and always giving me something to think about on my road to self improvement/ self knowledge. (T.S.)

Thank you for all you have taught me and for all you have done for me in the last year. No words can adequately express my gratitude. (C.W.)