

Body-Mind Spirit Alignment - This service is for people who want to work specifically with Jeanne Marie Auger. Depending on your goals for the session, the emphasis may be on any or all the 3 different dimensions of your being (body, mind and spirit) working together, from a holistic standpoint, to contribute to your optimum health and wellbeing. For best results, different therapeutic massage, bodywork and energy healing modalities may be used, including Rolfing/Structural Integration, Deep Tissue Massage, Neuromuscular therapy, Myofascial Release, Craniosacral Therapy, Acupressure, Swedish Massage, Massage Biodynamic Boyesen, intuitive body-reading and/or hands-on healing.

1) Body Alignment - Helps to gently eliminate pain and uproot patterns of tensions in the muscles and fascia created by misalignment, injuries, bad posture, misuse of the body and repetition of movement, while bringing the bones and joints back into their proper alignment.

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 range and fluidity of movement, achieve a better overall posture and structural alignment and reduce the risk of any further disturbance and dysfunction in the muscular, nervous, skeletal and/or fascial systems.

2) Body-Mind Alignment - Works in junction with the client's internal awareness of the body to help bring to the surface and release layers of resistance found in the fascia which may be caused by inner stress (or internalized mental and/or emotional stress) and which may create recurring patterns of physical discomfort, tension, pain and/or other possible psychosomatic disorders. This, in turn, may help improve overall health and wellbeing as tensions in the fascial system (which encompasses all tissues, organs and glands of the body) are released. In the process, you may also deepen your body-mind connection and develop greater self-awareness and understanding, which may help you make better choice for your health.

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 comfortable and safe 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 which were locked inside the 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 and life's purpose and help you develop a greater understanding of how to best relate to your environment.