



The Process

Don't just manage your pain, transform it!

Take an honest look at things.
How did you get here?
What things inside and outside of yourself
have influenced and contributed to where you
are today?

The deliberate practice of
awareness around your strengths
and weaknesses



Get out of "flight or fight" and
address nervous system imbalances.
Remove unnecessary stress/burdens
off of your body so that you can
funnel that energy into tissue healing

Let go of the qualities in your life that are
contributing to your pain, and begin to
own what you decide is most important
going forward.

Mobility, health, outlook-
You are already a whole and complete
person, now it's a matter of restoring
that power that you forgot you have.