

NeuroMuscular Balancing Training Video Download for Performance, Pain Relief & Wellness

(Run Time – 1 Hour). Trailer: <https://www.youtube.com/watch?v=agZwtgZfN90>

Since muscles pull bones, learn how to release, shorten, and lengthen appropriate muscle groups to bring the body toward balance. “Slacken” muscles in minutes even if they have been tight for years.

Some practices including yoga, sports, certain exercises and strength routines, may actually exacerbate common muscle imbalances. This training helps set a balanced foundation for athletes, performers, and anyone wanting a self-empowered approach to wellness.

This training comprises three parts; an Intro that may rewire the way you’ve thought about stretching, strengthening, and releasing muscles, a NeuroMuscular Balancing based gentle yoga class, and Integrating NeuroMuscular Balancing for Everyday and Lifelong Wellness. With proper understanding of muscle imbalances and consistent practice, this training helps take individuals to their next level and may help with issues including and not limited to neck, shoulder, back, knee, and hip pain.

The instructor, Josh Warren, M.S., LMT, PTR, 500 Hour Yoga Teacher, Reiki Master, Certified Integrated Positional Therapist, holds a Masters Degree in Exercise Science concentrating in Sport Psychology; lived with low back pain for over seven years and tried numerous therapies and nothing was working. After finding a simple practice to start bringing the body into alignment, the pain quickly resolved. Having experienced this approach firsthand, Josh is eager to share this knowledge.

Yoga & NeuroMuscular Balancing Manual for Performance, Pain Relief & Wellness

Learn and adopt tools and training methods that can help take your performance and daily well-being to the next level. This manual addresses ways to help correct numerous common muscle imbalances using a variety of simple and effective techniques. The tools outlined in the manual helped the author, Josh Warren, overcome years of back pain when nothing else was working. Topics include an Intro to Yoga and NeuroMuscular Balancing, Intention, Breath, & Dynamic Warm-up, Performance & Daily Tasks, The Space Between Tasks, NeuroMuscular Balancing and Cool-down Exercises, Injuries & Releasing Tension, and Yoga & NeuroMuscular Balancing Every Day. It is exciting to make this approach more accessible to others. This 11-page, information packed PDF manual can be viewed on your device or printed in landscape mode.

Yoga & NeuroMuscular Balancing Manual for Performance, Pain Relief & Wellness – Racket & Paddle Sports Edition

Learn and adopt tools and training methods that can help take your performance and daily well-being to the next level. This manual addresses ways to help correct numerous common muscle imbalances using a variety of simple and effective techniques. The tools outlined in the manual helped the author, Josh Warren, overcome years of back pain when nothing else was working. Josh is a passionate player and coach of many racket and paddle sports. Topics include an Intro to Yoga and NeuroMuscular Balancing, Intention, Breath, & Dynamic Warm-up, On Court Warm-up & During Point Focus Cues, In Between Point Focus Cues, NeuroMuscular Balancing and Cool-down Exercises, Injuries & Releasing Tension, and Yoga & NeuroMuscular Balancing Off the Court. It is exciting to share this edition and make this approach more accessible to others. This 11-page, information packed PDF manual can be viewed on your device or printed in landscape mode.

Disclaimer for Video & Manuals:

The content in this program is not intended as a substitute for the medical advice of physicians and other practitioners. Please consult your doctor if unsure about starting any of the practices in this program. The presenter, NeuroMuscularbalancing.com, OnCourtOffCourt.com, and all involved in this production and distribution are not held liable for the actions of others and accept no liability for the consequences of such actions.