

# the grinberg method

with rachel glendinning



To be the best we can in life demands courage and a responsibility to agree to step out of the routine ways of being. It demands a want, a wish to refuse suffering. Not to be dictated by our past and to be curious and adventurous as we move into the future.

The format of the work includes a succession of 1 on 1 meetings / sessions focusing on a clear and defined goal. This can be anything from stopping a physical pain for example a back pain to learning to stop stress and anxiety or learning to be freer with people.

*"Through your body you will learn to recognize the accumulation of past experience and how it is expressed in who you are today. The process will incorporate learning how to deal with fear, to allow the experience of emotional and physical pain and the exercising of your will."*

-An approach to life, *The Grinberg Method*

**Rachel Glendinning** is a level 2 Practitioner of The Grinberg Method and is excited to be part of a team making it more available in the UK. Through detailed foot analysis Rachel is trained to read signs in the feet of imbalance, physical symptoms and weakness and where we struggle to be in our full potential. She works with touch, breathing, description tools and techniques, physical exercises with the aim to reach greater health and personal freedom.

**price:** 60min | £60

**special offer:** 30 minute FREE taster treatment to first time clients | June-July 2011

**availability:** Mondays, 8:00am-9:00pm

**to make an appointment:** Please call 07974 081 741

treatments 