

the grinberg method

with rachel jacobs



- **Experience change in a physical pain**
- **Change a particular form of behaviour
ie: shyness or nervousness**
- **Reduce levels of stress**
- **An improved ability to concentrate**
- **Increased energy levels**
- **Attain a higher level of well being**

The Grinberg Method is a way of learning through the body. Whether it be a physical or emotional pain, an ongoing feeling including stress, fear, or a particular form of behaviour, like shyness or nervousness, this method teaches through different forms of touch and instruction. A process will start with a foot analysis. This is when you and your practitioner can discuss what you would like to work on together. A practitioner will then teach you on a very physical level how your body creates the symptoms that bother you and how to stop them.

"Rachel is extremely calm, she has amazing listening skills and always manages to reach the areas of my body that need attention. She is extremely professional and I fell completely at ease to open up to her. Overall, a fantastic experience! My well being has really improved since having the Grinberg treatment."

Lucy Beswick

"I had difficulty walking, until the Grinberg Method was applied to me. Rachel's manner was friendly, capable and reassuring. My back is now pain free and my legs much better. I can work two miles without pain. I can highly recommend Rachel and the treatment she gave me both physically and mentally."

Patricia Graham

For the last 25 years **Rachel Jacobs** has worked as an actress, with the Royal Shakespeare Company, at The National Theatre and in the West End. With a young family the time was right to look for a new direction.

She has been working with the Grinberg Method for the last 18 months and has been a Stage 1 practitioner since November 2010.

price: £48 | 60 mins

availability: Wednesdays 10am to 2pm

to make an appointment: please call *evolve* at 020 7581 4090

treatments 