

GET YOUR HEAD ON STRAIGHT! POWERFUL ATLAS/OCCIPUT HEALING SESSIONS

(December 14, 15, 16, @ Orcas Mandala Yoga Studio)

Michael Hanes's life work is helping people align mind * body * spirit with the Atlas Activation. He is trained in the Atlasprofilax methodology and has years of experience with clients in chronic pain.

Atlas Activation is a deep sub-occipital neck release that addresses chronic tension around the base of the skull and restores balance to the vital Atlas/Occipital joint at the top of the spine. The Atlas vertebrae is the keystone of the spine that governs whole body balance and is necessary for proper neuromuscular functioning and structural alignment. Instability in this area is a major source of chronic tension and stress, creating patterns of compensation and degeneration.

The benefits can be instant: increased neck and hip mobility, release of pressure and pain in the body, feeling of ease, lightness and euphoria. Then, more profound effects can activate: increased balance, strength, focus, clarity and peace. 138 North Beach Road, Eastsound

INFORMATION: Email info@orcasmandala.com to schedule a session. www.orcasmandala.com