

Janet Massey

Spirit, Soul, and Body Support

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Are you or your clients experiencing:

- **Chronic symptoms?** Such as:
 - ❖ Chronic pain
 - ❖ Chronic fatigue
 - ❖ Chronic inflammation
 - ❖ Mental illness
 - ❖ Autoimmune disease
 - ❖ Chronic blood pressure and heart rate issues
 - ❖ Allergies and environmental illness
 - ❖ Chronic illness of any kind

The bodies stress response and chronic inflammation in the body leads to a host of symptoms and diagnoses¹. People can get stuck in a chronic state of stress, and can be guided to signal safety to their autonomic nervous system, allowing them to get into parasympathetic (rest and digest, ventral vagal) state. The body can work toward healing in this state.

I teach classes that help the body get out of chronic stress response states (fight/flight/freeze/shut down), so they have a chance to heal.

Somatics Exercise Class – 45 minute classes, twice a week, new classes each week.

- Learn to be present and focused
- Available for all levels, including self-care maintenance
- Live, guided, and experiential
- Use the techniques you learn on your own as well
- Use sensory input, gentle movement and muscle contractions
 - ❖ to stimulate vagus nerve
 - ❖ to release built up stress
 - ❖ to help release muscle tension
 - ❖ to redirect thoughts
 - ❖ to calm the body
 - ❖ to support the immune system

Self-Lymph Massage Class – 60 minute classes – walk through self-lymphatic massage of the whole body

- Support the lymphatic system
- Support the immune system
- Support the autonomic nervous system
- Reduce chronic inflammation – at the root of chronic illness
- Reduce chronic stress – also at the root of chronic illness

There are drop-in options, or monthly membership options with live unlimited streaming. I am a physical therapist, with my doctorate in physical therapy.

1 Liu YZ, Wang YX, and Jiang CL. June 20th, 2017. Inflammation: The Common Pathway of Stress-Related Diseases. *Frontiers of Human Neuroscience*, 11 (316). Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5476783/>