



Visiting Practitioner Angelika Alexander



With practices rooted in Italy and California, Angelika has dedicated her life to mastering a diverse array of powerful modalities that regenerate the body and mind alike. All through January, enjoy one of her two signature treatments, each one crafted in response to an individual's unique needs, each one activating the body's innate healing power.

Therapeutic Release & Awakening Treatment

A combination of therapeutic modalities, including the highly effective Myofascial Release Technique, Deep Tissue, breathing, emotional and energy balancing.

Is beneficial for “misalignment” of the body, release of tensions, restriction, pain, stress, restoring greater flexibility, fluidity in the body, better energy flow and freedom to breathe more efficiently and easily. You will experience deep relaxation and reconnection within.

Myofascial Release® Treatment

Developed by Physical therapist John F. Barnes, Myofascial Release (MFR) is a highly effective form of full-body therapy that targets the connective tissue which surrounds and interpenetrate every organ, muscle, nerve, vessel and bone. Connective tissue restrictions are often created by any physical, emotional trauma or poor posture.

MFR utilizes specific technique focusing on correcting postural alignment, releasing areas of restrictions, tensions and energy blockages. This modality restores fluidity, elongates elastin and collagen fibers to increase flexibility and strength, improving the immune system for optimal function and harmony in body/mind complex. MFR addresses the cause of pain and not just the symptoms, resulting in positive long-term outcomes.

Benefits of the Treatments:

- Reduces tension, tightness, back, neck and shoulder pain
- Improves posture and balance
- Improves breathing
- Promotes energy flow
- Releases stress, anxiety
- Improves the immune system
- Fosters deeper relaxation and connections