

Rebalancing & Golf

Human flexibility and body awareness or

the one who finds his game in golf, who reduces the evaluations and thoughts of the mind to a minimum, in order to free and arrive at himself to find his game

What makes a good golf shot?

A good golf stroke consists of a precisely coordinated, individual movement sequence. It is a flowing movement that runs through the whole body. In the end, it should result in an optimal transfer of energy from the golf club to the golf ball, and if possible with high precision.

To achieve this, an important prerequisite is needed:
a balanced and flexible body!

The bodywork Rebalancing pursues the goal of raising the body up again and bringing it into an optimal balance. For golfers it can also provide the wonderful side effect of becoming better golfers. Many amateur golfers report that after rebalancing sessions, they perform more precise and flowing shots and thus improve their handicap. They also report fewer body problems and a faster recovery time.

About rebalancing:

Rebalancing is based on intensive work with the connective tissue of the body. The connective tissue surrounds every muscle, ligament, tendon and organ and connects all parts of our body. The work of Rebalancing is to bring muscles, ligaments, tendons and organs back into balance, supported by the client's targeted movements.

The body structures fit together again and work together perfectly. This creates the ideal conditions for carrying out complex sports movements, such as are common in golf or tennis, more precisely and with a greater movement amplitude.

Why Rebalancing & Golf

As you know, golf is an asymmetric sport with repetitive movements where even professional players are prone to a number of injuries. Wouldn't it be great to have a softer, fuller swing and feel more muscle play and stretching in your body? How about a better balance on your feet when teeing off and improved flexibility of muscles and joints during the game? Rebalancing improves performance, posture and allows more space in the hips, legs, feet, back, chest, shoulders, arms and wrists. Whether you're a tournament player or a fun player, it's guaranteed to give you room for fine-tuning.

Golfers invest a lot of money in coaches, equipment and accessories and other products to improve performance, be healthier and look and feel better.

In the USA there are many sports teams and professional athletes who incorporate rebalancing into their training. If you would choose the most vital in your equipment... the most important investment is your body. A well balanced body frees you from all the limitations of your game. If you have more balanced, more flexible and more room to move, you will have more strength to hit the ball further and more accurately.

I have worked with world champion sailor Flavio Marazzi from Bern, Demi Moore from Sun Valley, Tom Hanks and many others and know what your body needs for balance.

Rebalancing promotes vitality

In addition to the physical level, rebalancing promotes deeper levels of awareness and liveliness. For me as a rebalancer this is the level where my real passion lies. All our unconscious is constantly expressed through our posture, radiance, body shape and expression. I try to support these patterns in expression and to accompany them in their transformation. As this process deepens, you will find yourself in greater spontaneity, freedom and presence. The more you embrace and invite these aspects of being, the more wholeness you will feel and experience ...

Rebalancing brings you deeper and deeper into the experience of vibrating, resonant physicality. When you encounter life more fully in your body, a dynamic stillness and relaxation arises, both in your body and your mind.

Rebalancing Therapist Udo Keuper

Over the past 28 years, Udo Keuper has gained a wealth of experience in alternative body therapy that promotes personal growth and inner transformation.

First studies at USC Los Angeles, UCC Cork and FH Frankfurt; consciousness begins with the body, something that is real, golfing in freedom and with grace, is a way closer to oneself.

Training in the last 19 years, such as Rebalancing, Trager work (joint mobilization), single acupuncture training according to Dr. Tung (focus: detoxification, cancer, all heart diseases) in Taipei, Cranio Sacrale Biodynamik, Spiritual Coaching with Dr. K.P. Horn, and much more.

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