

Yoga & Rebalancing

Over the past 30 years, Yoga & Rebalancing (human flexibility & structural integration) have found a particularly vibrant relationship. Practitioners and teachers of one discipline have joined forces to deepen physical and spiritual transformation. This is because when these 2 are combined, a synergy arises that is much greater than the sum of their parts. Together Yoga & Rebalancing create a fruitful dance, a somatic opening within us, as they share the same fundamental principles and goals; only their approach is different.

In Yoga you move through precise figures / postures with full consciousness and intention. In rebalancing, the hands of the rebalancer directly release restrictions, free glued tissue, support the liberation of the joints and create space - with full consciousness and intention. They complement each other in their unique way of touching, active as well as passive.

Rebalancers are strictly and long term trained to work with Faszia the connective tissue that surrounds every muscle, organ, nerve, vein and bone. This "living packaging" gives us the actual body shape, our tonus.

As a rebalancer I work in awareness and respect with fascia, muscles, tendons and ligaments. I "hear" with my hands when I give space and length to the tissue, melt the physical armour, give space for new patterns of posture and movement. But above all to support the body in its integration in order to be able to re-align oneself in the field of gravity, with ease and grace. Basically I am subject to the same laws of nature that yoga is subject to.

On the physical level, both yoga and rebalancing focus on structural integration and alignment of the holistic body. Both work with the intention of balancing the joints, creating space in the joints and differentiating the different body segments. Generally speaking - Yoga & Rebalancing want to free, open and create length in the body.

Both disciplines result in the expansion of movement, increasing circulation and energy flow of the whole body; more grace and flowing movement and a body more resistant to injury can be found.

In addition to the physical level, Yoga & Rebalancing both promote deeper levels of consciousness and vitality. For me as a rebalancer this is the level where my real passion lies. All our emotional and behavioral patterns, including the unconscious, are 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 the aspects of your being, the more wholeness you will feel and experience - the more you will become yourself.

Rebalancing like yoga brings you deeper and deeper into the experience of vibrating, resonant physicality. When you encounter life more fully in the body, a dynamic stillness and relaxation arises, both in the body and in the mind. It helps you more easily to be in presence.

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