

Transform Your Pain

Keep in mind that Pain = restriction of blood + oxygen
Lean in to your pain with the breath allowing time for the melting and transformation.

Below are the basics of blocking and where to go for more resources.

There are 2 rules to Block Therapy:

1. As long as you are breathing you are feeding and healing your cells and fascia. We refer to this as your breath is your guide. If anything is ever too painful and you cannot breathe in a controlled, comfortable way, then you need to ease off so it's less intense. An Example of this would be Blocking on the bed rather than on the floor.
2. You need to spend a minimum of 3 minutes in each position to get the proper melting effect in the tissue. You can spend as long as you would like in each position as long as your breath allows.

Here are program options:

Sampler Program uses the rolled towel and gets you started with basic positions:

Cost \$9

Starter Program This comes with a block(s) and is a deeper dive into block therapy - more videos, instructional pdfs, an intensive seated workout + Options

Cost: \$197 - 297 (I recommend the block bundle as this allows options and for you to do double blocking classes)

Block Therapy Membership Once you have become comfortable with the starter program, add this to explore more!



YouTube Channels – get more information, testimonials and exercises



<https://www.youtube.com/@Fluidisometrics>

<https://www.youtube.com/@QuinnCastelane>

Recommended short videos:

Tongue release: <https://www.youtube.com/watch?v=1JshevLCh58> This strange step is a key to so much. If you are not supporting your head correctly you are adding strain within your body.

Hands & Feet: <https://www.youtube.com/watch?v=9Y0yejRjP88> this simple action done daily will lead to impressive shifts.