

MNSRT – Myo-Neuro-Structural-Rebalancing-Therapy

- **Structural Alignment / Mobilisation (Dorn Method, Chirotherapy)**
 - Dorn Therapy aktiv / Dorn Therapy passiv / Selftherapy
 - Gentle Manipulations
- **Neuro Muscular Deep Tissue Massage**
 - Pressuremassage at Muscles / Fascia / Ligaments / Bone-Edges
 - Dynamic Vacuum Massage (Flexible Massage Cups)
 - Passiv Massage / Self-Massage through Pressure-Joint-Movements
- **Triggerpoint – Pressure-Massage**
 - Location and fixing Triggerpoints
 - Individual and relevant strong pressure onto Triggerpoints
- **Reflex-Stimulation of the Golgi Apparatus and Fascia Re-balancing**
(Cross Fiber Stretching of Muscles and Fascia based on Lester Cox Technique (Australia))
 - Cross Fiber Stretching of different Muscles
 - Relex-Stimulation through Flip- and sliding motions (for Facia)
- **Physical-Mental Pain-Point Treatment**
 - Finding of Pain-Points
 - Pressure - Affirmation - Release

- I realize the Pain
- I understand that I do not need the pain any more
- I let it go

Goal: To normalize functions of muscles and fascia. Relaxation, natural Balance, optimal muscle length, best possible tissue metabolism and therefore elimination of Pain.