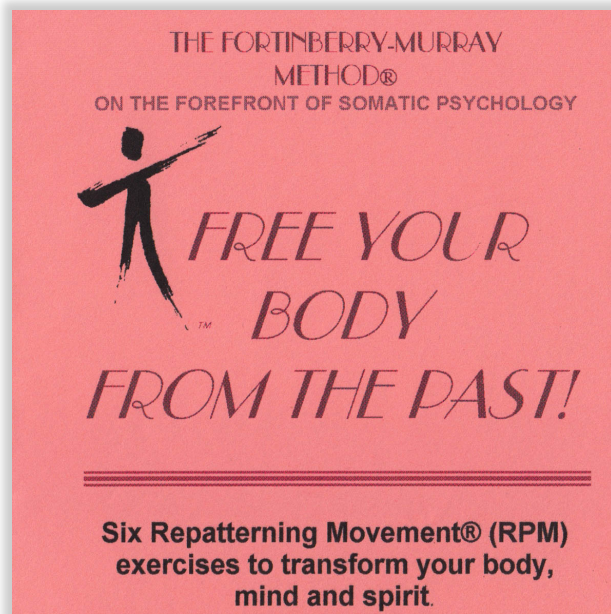




Alicia Fortinberry

Free Your Body from the Past

Each gentle exercise is designed to bring new power and fluidity of movement to a different part of the body so that the effect of the set as a whole is a complete somatic repatterning.

The exercises presented here are thus directed at the mind as well as the body. They were created jointly by Alicia and her husband and co-founder of the Fortinberry-Murray Method, Bob Murray, Ph.D. Bob is a psychologist with practices in the USA and Australia.

As your brain creates new pathways for more functional movement, it opens to new ways of experiencing your life. While you are in this safe, relaxed and receptive state, Alicia guides you in creating new emotional possibilities for yourself. New neural connections are formed. These allow you to remove the blocks, the product of past experiences, which prevent you from getting the most out of relationships, work and even spirituality.

CONTENT

- 01 Pushing away
- 02 Ideal day
- 03 Not trying
- 04 Flexibility
- 05 Balance
- 06 Seeing

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