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TMJ Health

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Many people suffer from jaw tension or dysfunction (TMJ syndrome). Many more experience headaches, eyestrain, neck, shoulder and back problems which are directly related to mouth and jaw extension. TMJ Health offers 10 proven 25-minute Awareness Through Movement exercises which effectively address every important aspect of mouth and jaw functioning.

- 00 Introduction
- 01 Improving the primary movements of the jaw
- 02 Relaxing the tongue
- 03 Relaxing the lips
- 04 The neck-jaw connection
- 05 The head-jaw connection
- 06 The spine-jaw connection
- 07 The eye-jaw connection
- 08 TMJ health through visualization
- 09 Your body's power center
- 10 Putting it all together

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Archived Resource - 6 x audio cassette tapes.

