



The Thompson Method of Bodywork: Structural Alignment, Core Strength, and Emotional Release

By Cathy Thompson

Healing Arts Press. Paperback. Condition: New. 352 pages. An illustrated manual for using physical movement and alignment to resolve chronic pain and tension and work with the emotions Includes 62 exercises to work with emotions through the body and support the neck, shoulders, lower back, feet, and overall posture as well as breathing and voice Explains how to listen to the bodys signals to discover our physical and emotional blindspots--the weaknesses and misalignments at the root of our discomfort Draws on Zen shiatsu, Rolfing, yoga, and Gestalt psychotherapy to explain how transformation of physical structure corrects imbalances in the unconscious mind Developed by Cathy Thompson through her many years as a bodywork therapist, the Thompson Method incorporates Zen shiatsu, Rolfing, yoga, and Gestalt psychotherapy to heal pain in the physical body both through bodywork and by recognizing the emotional blockages that often underlie chronic pain, tension, and poor alignment. In this practical manual, Thompson and her protg-daughter Tara Thompson Lewis provide a deep understanding of body mechanics and how to work with emotions through the body. They explore how to listen to the bodys signals to discover our physical and emotional blindspots--the weaknesses and misalignments at the root of our...



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