

# POSTURE ALIGNMENT THERAPY™

## TRAINED IN THE EGOSCUE METHOD®

### YOUR APPOINTMENT

- The first appointment will last approximately 1 hour and 15 minutes for first time visits. I will be taking pictures during this session so we can track your progress.
- We will be working together to access your alignment, so wearing sport type clothing will make it easier to assess your alignment of the pelvis and knee. You will be given a menu of up to 30 minutes of daily exercises.

### ABOUT OUR THERAPY

The goal of our Therapy is to **eliminate disparities** that can occur when injuries or negative lifestyle conditions affect the musculoskeletal system, by restoring muscular balance, skeletal alignment and the harmonious interplay of internal systems, the body takes a quantum leap in healing power, stamina and physical capability.

**Egoscue Method is not a form of treatment that chases after short term, symptomatic relief.**

Rather, symptoms provide a common sense starting point, a working frame of reference based on each individual's unique combination of strengths and limitations.



**Based on the patient's self reported history and the therapist's observations,** a series of functional demand exercises are developed. These exercises are designed to address the muscular imbalances and dysfunction leading to this individual's structural deviations.



### David Ramsden E-RYT 500 Posture Alignment

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Trained in the Egoscue Method. Teaches Yoga Teacher Training at Ananda University. Previous Director of Ananda Portland Yoga Center.

Over 3000 hours of yoga teaching experience sharing Ananda Yoga® in fitness centers, parks and recreations centers, and corporations throughout Oregon.

Certified to teach yoga for people with heart problems.