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vmbehandling.bokadirekt.se

MASSAGE & KINOpractic at the World Championship 2010

Our names are Kerstin and Tina - we will be on hand to give you the best possible treatment during your racing days! We are both Massage therapists in the ground but also KINOpractictherapists!

Most people knows about massage and we will give that to all who so wish. Our goal is to increase your performance – so we want to emphasize KINOpractic treatment! It is essential for any form of sporting exercise then it will inter alia increase torso stability. We do not sail Ourselves, but we know that you all need to be strong in the torso to perform 100%!

We need 1 minute to see if you have a good torso stability – now we do not talk about raw power but about the brain contact to relevant muscle – give yourself that minute and then decide if You want a plain massage or a combination of both “KINO” and massage!

One treatment takes 30 min but if You want a longer treatment just book 2x30 min! Booking on-site or NOW on vmbehandling.bokadirekt.se or send a **SMS with “desired Time and Name”** (please indicate if you have back issues that we should be aware of) to **+46 736-428562** (Tina). The price is 300 kr/30 min or 500 kr/hour (2x30min)

Timetable: Mon-Thur. 16.00, 16.45, 17.30, 18.15, 19.00, 19.45, 20.30, 21.15

If you wish to know more about us and KINOpractictherapy You will find it on following sites!

Tina: www.tinamassage.se eller Kerstin: www.helakroppen.biz

What is KINOpractic?

“KINOpractic is a combination of Kiropractical and Chinese Philosophy and different treatment technologies derived from example Kinesiology, Osteopathy, EFT, NLP and Massage Therapy which has been named KINOpractic. KINOpractic is a manual therapy that emphasizes the body’s whole self-regulatory/self healing ability”

With KINOpractic want to address the underlying causes of unwanted body exhibits symptoms. A KINOpracticterapeut one considers that it is mostly a series of imbalances and compensations in several stages prior to the pain that finally makes us aware that something is wrong.

A KINO-treatment starts with kinesiological muscletests, with which you are looking for muscles that have weakened contact with the brain and therefore they are weaker than they should be. The correction of these neuro-muscular imbalances is then made by several different techniques.

With the KINOpractical reading the brain can be made to re-deploy and re-program the perception and control the body. When muscles are working out of balance with each other reduces the risk of disorting loads and body pain.

Read more at: www.kinopraktik.se

We look forward to meet you!

*ca 20-25 min takes the KINOpractic treatment then follow massage - if necessary cupping will be used for more and quicker effect!

Good luck with the race! //Tina and Kerstin

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