

Lower Body Reset

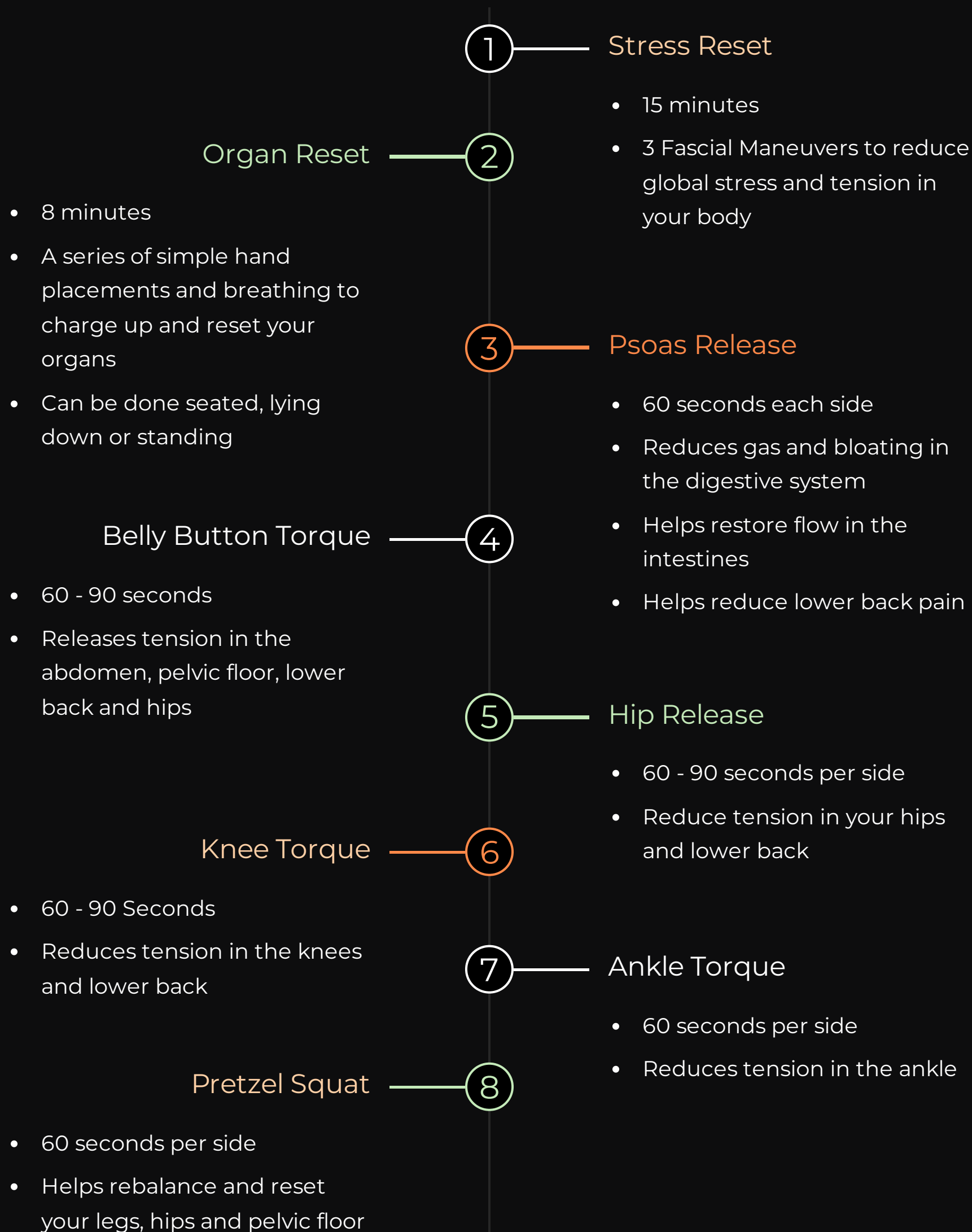
We've put together a series of Fascial Maneuvers that help reduce stress and tension in your lower body so you can begin to heal yourself. This reset series is good for you if you have lower back, pelvic floor, hip, groin, knee, calf, ankle or feet issues. Here, you will find Fascial Maneuvers to rebalance and reset your fascia. This series is also good if you are getting started with the Fascial Maneuvers and you are looking to reduce stress, reduce tension and feel good in your body.



by Human Garage


Classes

This entire series will take 27 to 32 minutes to complete. You can do them once or twice per day.



15 Minute Stress Reset



 YouTube




15 Minute Full Body Stress Reset: Self-Care Fascia...

These 3 basic Fascial Maneuvers can help reduce 70-80% of the stress in the body, it can be done once or twice a day. If...

Organ Reset




 YouTube





How to heal & reset your organs | Fascial Organ Re...

Use this sequence daily to reset & recharge each of the organs with these powerful & easy self care techniques usin...

Psoas Intestine Release



▶ 00:50


 YouTube 

Tight or Sore PSOAS? Try this maneuver!

If you have restrictions around your PSOAS stretch the fascial around your intestines, by trying this fascial maneuver. For...

Belly Button Torque




 YouTube



One of the most powerful ways to release your bell...

Hip Release



 YouTube




Hip Release #fascialmaneuvers #stretching

Self Care Technique For Hip Pain & Mobility -----

----- ...

Knee Torque



**SELF-CARE FOR
KNEE PAIN &
JOINT MOBILITY**


human
garage

FASCIAL
MANEU ▶ 02:10


YouTube

Knee Torque #fascialmaneuvers #selfcare #kneep...

Self-Care Technique For Knee Pain & Joint Mobility -----
----- ...



Ankle Torque



SELF CARE FOR ANKLE & JOINT MOBILITY

human garage

FASCIAL MANEUVERS

▶ 01:46


YouTube

Ankle Release #fascialmaneuvers #mobility



Self Care Technique for Ankle & Joint Mobility -----

----- ...

Calf Release



▶ 00:44

 YouTube 

Increase Ankle Mobility in under 30 seconds!

Here's a quick movement to reduce tension in the calves! Grab the skin on the back of the calf and slowly pull it up and awa...

Pretzel Squat

PART 1



FASCIAL MANEUVERS
HIPS & PELVIC FLOOR RELEASE
PRETZEL SQUAT (PART 1) 01:48

YouTube

Fascial Maneuver: Pretzel Squat (Part 1) - Unlock t...

----- www.humangarage.net To learn...

PART 2



FASCIAL MANEUVERS
LOWER BACK & RIBCAGE
PRETZEL SQUAT (PART 2) 01:40

YouTube

Fascial Maneuver: Pretzel Squat (Part 2) - Unlock t...

----- www.humangarage.net To learn...

What is fascia?

Once thought of as a dumb fibrous mesh, not worthy of any study, fascia is now known to be a highly adaptive, fluid, jelly-like, biological supercomputer with one thousand times more nerve endings than the human brain - Yes, you heard that right, fascia has more nerve endings than the human brain. In fact, we are fascia! Our vital organs, bones, muscles, nerves, blood vessels and glands all live in an intricate fascial network that begins forming during fetal development.

The way we see it, all information received by the body goes through the fascia first where it is processed before the brain can react. Each calculation precise; using chemical, mechanical, metabolic, emotional and perceptual input in the decision making process.

What are Fascial Maneuvers?

Fascial Maneuvers are a slow, methodical movement process that reprograms the fascia so the body can reset, rebalance and heal itself.

Fundamental laws of Fascial Maneuvers

Intention

Intention is more important than physical actions. What you think about when you work with the human body is what you get. If you are thinking about muscles and bones you will work on muscles and bones. If you think about fascia you will get fascia.

Pin, Stretch & Lock

When you "Pin, Stretch & Lock" the fascia in one area of the body - the rest of the body has to adapt around it. In the fascial maneuvers the objective is to pin two zones and let the third zone adapt.

Move Slow

Fascia likes to move slowly: when you move too fast the musculoskeletal structural defence system kicks in and tightens the body

Counter Rotate

The body is divided into three zones; the (1) head, (2) torso and the (3) legs. When moving fascia you want to "counter-rotate" zones 1, 2 and 3. This has to do with how fascia wraps the body.

Breathe Deep

Breathing creates expansion and changes pressure distribution within the fascia. It produces energy and stimulates feel good hormones

Walk to Integrate

Always go for a walk once a change in the fascia has been implemented. This is how the body observes, adapts and saves changes.

We Believe

1. The human body is designed to heal itself.
2. Awareness of unconscious behaviors is the first step in a full life transformation.
3. Belief, intention, and perception are the most influential forces on the human body.
4. Stored emotion is the primary source of disease and dysfunction.
5. Power to change your body and your life belongs to you.
6. Fascial maneuvers activate the body's natural healing and growth processes.
7. Bodies adapt to their environment. The more extreme your environmental conditions, the more extreme your adaptations will be.
8. A diagnosis is a limited label that recognizes bodily symptoms but ignores their root cause. While a diagnosis can be helpful in many cases, it can also trap individuals in a box through over-identification with their symptoms. This can limit the healing process and the effectiveness of treatment by self or practitioners.

Our Mission

To inspire over one billion people around the world to heal themselves while removing the financial barriers that stand in the way

Core Values

Communicate in
real time

Listen to
Understand

Make things
simple

Be flexible &
adaptable

Be caring &
compassionate

Be honorable in all
relationships

Always look for a better way

Have fun