

YOGIC NEUROMUSCULAR THERAPY™



Yogic Neuromuscular Therapy™ as developed and taught by Dyal Singh Khalsa is an innovative, powerful and graceful form of therapeutic bodywork, which draws upon the dynamics, and principles of connective tissue release, Kundalini Yoga, and Reiki. It is internationally recognized for its remarkable success in relieving physical and emotional trauma. This yogic approach to neuromuscular therapy is being utilized to treat a wide range of medical, business, and sports professionals as well as infants and children.

As a person experiences emotional or physical trauma, there are repercussions on many levels; physical, emotional and energetic. Connective tissue, in response, tightens and resists in order to armor the body from further harm. This armoring hastens the aging process while holding trauma

memory and pain. Yogic Neuromuscular Therapy releases stress, tension, pain and trauma on physical, emotional and energetic levels by unwinding the traumatized tissue in a series of three movements:

- **First, there is focused contact between the practitioner’s forearm and the client’s body.**
- **Second, there is lengthening of the connective tissue while maintaining focused contact.**
- **Third, continuing the first two movements, the connective tissue is unwound with a unique spiraling motion.**

“It is through the unwinding of connective tissue that pain, tension and traumas can release, revitalizing and rejuvenating the body, allowing for rapid changes on multiple levels simultaneously.”



Kuldip Singh Khalsa is a Nationally Certified Massage & Neuromuscular Therapist/Teacher and an Advanced Martial Arts Instructor. Kuldip Singh conducts workshops and trainings throughout the USA and Europe.

Fee: 45minutes \$75.00/90minutes \$135.00

For appointments contact:

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