



# What is the Jesse James Method?

At its most fundamental, the Jesse James Method is about restoring your body to its natural perfect harmony, allowing you to experience your body with greater freedom, ease, strength, flexibility and joy. With the Jesse James Method, your body dictates the approach I take and the modalities I use, creating the Ultimate Bodywork Experience. No two Jesse James bodywork experiences are the ever the same since your body is forever changing.

Based on feedback from you and what my experienced hands intuit about where your body is out of harmony, I use modalities from:

- Neuromuscular Re-education
- Attachment Release
- Deep Tissue Release
- Full Body Reflexology
- Trigger Point Release
- Tendon and Ligament Release
- Myo-Therapy
- Assisted Yoga Therapy
- Swedish Massage
- Energy Release
- Cranial Sacral
- and more...

The Jesse James Method begins with a three-session signature series of bodywork, each session building on the progress made in the previous session.

Here's what you can expect in your first three sessions:

## **Session One – A Breath of Fresh Air**

We will begin our work by creating an intention or outcome for your sessions (LIFE) that you could later directly relate back to the experience you had of releasing old muscle memory while on the table receiving a Jesse James Massage, giving space for new muscle memory. Write down your intention and check it in 30 days.

In this first two-three hour long session, I focus on your primary area of concern with an approach to get at the source of the issue and not to just deal with the symptoms. During this session, you will be present to – perhaps for the first time -- how integral your breathing is to your body being in



harmony. Working slowly, and with your breathing focused and intentional, you will get the most out of this and every session. In addition to your area of concern, I focus on releasing your body of all its stress and tension. This session, more than any will and does require your intentional and focused breath into those areas that are at the source of your pain.

## **Session Two – Beginning of Total Body Transformation**

The second session begins where the first left off, addressing your areas of concern and also expanding into more assisted yoga stretching and releasing tension in your body where you are still feeling resistance. In this session, you will notice that the symptoms you came to the first session with are either gone or well on their way to recovery. You'll also notice that your body has responded to the level of pressure experienced in the first session, and is ready to go to a higher level of release much quicker. By the end of the second session your entire body is beginning to move into a harmonious existence, further hastening your created intention, recovery and enhancing your wellness.



## **Session Three – What You've Been Waiting For**

Picking up where we left off in session two, we release any remaining tension. Our desire is that by the time you get to session three, you feel connected to your body in a way you might not have experienced in years. You feel great, your muscles feel strong yet supple, you have more flexibility and you feel more relaxed and energetic. Because of the neuromuscular approach we took in the first two sessions, you now have new blood flowing to long-dormant parts of your body. Session three is all about tapping into your new found connection with your body. With all the tension and muscle knots released in the first two sessions, I am free to transport you to what will feel like an out of body experience using long, flowing traditional Swedish massage strokes. This session also includes an ancient ayurvedic release technique for your head and face, and “a drifting off into paradise” work on your feet.



### **What's Next?**

The comment I most often hear following sessions is “it feels like I just had a really good workout with a trainer.” My clients are often sore, but it's a good kind of sore. By the end of the third session, you notice quick recovery time, that soreness has diminished, and been replaced by an energetic relaxation. Often my clients say they feel connected to their body and feel more vibrant than ever before. Following the initial three-session signature series of bodywork, clients regularly sign-up for two, three and even four bodywork sessions a month. In these sessions, we build on the work that has been done and use any modalities necessary to keep your body in harmonious state.