



## A New Year's Message from the Founder of LaFrance Wellness

In the last **14 years**, I have strived to bring the newest and most successful techniques to pain management. At the beginning of each year, I come up with new programs for better quality of life.

Several years ago, I completed an **orthopedic yoga certification by Ray Long** and was just blown away by the technique. **BANDHAYOGA** is the science of modern movement and relating that movement to the practice of yoga. The technique emphasizes the anatomy and biomechanics of the body as it applies to the positions, the specific stretching, and the physiology. The technique in the specific sequence allows the body to learn the cues and to refine the movement.

I studied ways to incorporate this into my treatment plan with everyone and learned that I just cannot be good at ALL things. Simply including some of the techniques just did not do my certification justice.....until now!!!!

**I am happy to announce a new therapy at LaFrance Wellness.** In the Summer of 2017, I met **two incredible people**. I have known **Darrell Watson** for years and I met **Shelli Welch** through networking. Shelli and Darrell come with many years of experience and talents in the yoga field. I attempted to explain my vision of a different yoga program and they jumped on it.

We started a pilot therapy program with some of my most challenging pain management clients who accepted and committed to the program. They began **Phase 1** of the Clinical Based Orthopedic Yoga (CBOY) program which starts out as a **12-week program** specifically designed to work on movement dysfunction.

So, let's back up just a bit. My job is to fix and help manage clients pain which I do the with multiple techniques and I do it well!!! However, that was not good enough for me. Many of my clients are appreciative to have their life back, BUT so many expressed sincere realities about their change in lifestyle. That bothered me. To not be able of get up off the floor after playing with grandchildren or to not be able to do a small hike around Lake James or just to not have the flexibility in golf like they use too bothered me... not them but me. So again, I put together a program with the best team ever to work with those and other hindrances for my clients.

## **Clinical Based Orthopedic Yoga**

**Phase 1.** Synergistic training consists of rehabbing exercises to improve movement using yoga poses to increase stability, mobility, and balance. Using an orthopedic mentality, we can master the art of stretching, increasing athletic performance, and natural movements. It works on the soft tissue which is what moves you. Muscle fibers, tendons, ligaments, and fascia is all that good stuff that disrupts your structure and makes you unstable. With this process, your mobility and biomechanics are enhanced. We focus on correct positioning with every exercise. We also focus on daily life activities which include repetitive movements. Repetitive movement over stresses certain physiological structures (ie: your soft tissue and joints) and that creates both acute and long-term damage. The private one on one sessions are 60 to 90 minutes with our yoga instructor.

After the successful pilot program, we are ready to launch it publicly. With two instructors, the number of program participants are limited. Every potential participant must be assessed or referred by a member of the LaFrance Wellness staff. The participant must plan to commit to at least 10-12 weeks of sessions. Sessions are \$80 each and we will offer pre-purchase discounts.

This is the New Year's resolution you need. If you can move, you can be healthy and if you can move correctly you can manage aging and pain.

Please call the office at 828.432.2008 to find out more and to set up your assessment.