

AdagioHands

Online Body Connection Support 2020

Adagio Hands offers programmes of online 1-1 video call services to help you stay connected within your body and to keep your body itself in tune with who you want to be.

Over a complimentary 30-minute consultation, we will assess your needs, identify any quick wins for you to take away, and see if/how a programme might help you further. This programme may be online only, or a mix of online and hands-on for those that are happy to come into clinic. Programmes involve a combination of the services below:

Service	What you Get
The Virtual Massage Couch	For those that do not want to come into clinic, we can recreate some of the experience of being on the massage couch - the relaxation, the breathing, the heightened awareness of touch. These sessions aim to leave you more relaxed and grounded.
Body-Mind Connection	When the outside world feels overwhelming, it helps to reconnect with our bodies. This starts with developing our internal body awareness, enabling us to feel and ground with our physical presence, and then align our mental goals with our physical self.
Self-Massage Techniques for Tension Release	For those that want to learn some self-care, we can all help ourselves with some self-massage techniques. These relieve tension and keep our bodies in touch and open to the world.
“Stay at Home” Exercise and Stretch for Tension Release	When cooped up at home, it is easy to neglect our bodies. It’s surprising how much exercise is involved in just getting out of the house. These sessions will review areas of body tension, and develop basic exercises and stretches to incorporate into your daily routine.
Working From Home – Position, Posture and Exercise	When working from home, it is easy to slip into unhealthy habits - poor desk ergonomics, poor posture, poor movement routine. These sessions will help ensure you maintain good musculoskeletal health throughout your working day.
Rehab Exercise Review and Development	For those on a programme of bodywork, online exercise sessions in between hands-on treatments can be used to review and build on rehab exercises, ensuring they are done optimally, and helping you to maintain motivation and keep moving forwards.

Programmes are tailored to individual need. Online-only generally run as a series of six 45-minute sessions (discounted to £300), with shorter and longer options available. [Get in touch](#) for immediate, complimentary advice, and to see how we can best meet your needs.

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