

Testimonial on Embodiment - By Nancy Sullivan

As a long time sufferer of lower back pain, I have been to pain management doctors, had physical therapy and taken all kinds of medicine and still suffered with the pain. I discovered yoga about ten years ago and started to get some relief; but still, I could feel the pinching in my lower back and hip area (sacrum to be exact). It felt as though the muscles and tendons were sticking to the bones across my hips. There was a time when with every step I took it felt like stepping off of a curb. Enough about my symptoms.

A couple of years ago I had an opportunity to experience an Embodiment at Still Point Yoga Center. I wasn't sure what to expect. I was wondering what it was all about. After lying down in Shavasana, fully supported by blankets, my body had an opportunity to relax. A few minutes passed and then the Embodiment started. Cathy placed her fingertips on various points on my body, allowing my body to relax even further. I started to feel sensations extending from the top of my head to the soles of my feet. I had an awareness of tendons and muscles releasing and relaxing that haven't had opportunity to do so in a very long time. Cathy advised me to drink lots of water throughout the day and allow the Embodiment to continue.

I was amazed at how my lower back and hips started to let go, to loosen up, to actually move when I moved. I was lucky enough to experience several more Embodiments by Cathy, and as a result, was able to stop taking any pain medication for my lower back problems. I highly recommend Embodiments to anyone suffering from lower back pain, headaches or stress related conditions, or even if you just want to relax further.