

SINCE 2001

Jesse James

JesseJamesMassage.com



synergy

harmony

freedom

\$30 Online Discount

Experiencing Humanity as Energy.

(602) 573-1309

What is the Jesse James Method?

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.



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

Session One – A Breath of Fresh Air

During this session, you will become present to how integral your breathing is to your body being in harmony. We focus on releasing your upper body of all its stress and tension as well as guide you to focus your breathing intentionally into those areas that are at the source of your pain.

Session Two – Beginning of Total Body Transformation

This session begins where the first left off, addressing your areas of concern and expanding into assisted yoga stretching while releasing tension in your lower body. Between sessions you will experience less pain, greater productivity and vitality, more flexibility and range of motion, relaxation and restful sleep. Your body is moving into a harmonious existence, further hastening your recovery and enhancing your wellness.

Session Three – What You've Been Waiting For

Your muscles feel strong yet supple and you now feel great. You have new blood flowing to long-dormant parts of your body, because of the neuromuscular approach we took in the first two sessions. You can now tap into your new found connection with your body while transporting into what will feel like an out of body experience.

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