



Jesse James

Jesse Ferrell, creator of the Jesse James Method has been practicing the ancient art of massage since 2001. Jesse has amassed more than 2,000 hours of class and clinic training and has delivered thousands of massages, totaling more than 10,000 hours. The Jesse James Method is fast becoming the preferred method of bodywork for pro-athletes and health professionals!

The Jesse James Method unerringly releases the past patterns of tension that have been stored for years – perhaps even decades – in the memory of your muscle tissue. When your body releases those past patterns there is restoration of health, vitality and freedom of movement that you may never have thought possible!

When you tap into the power of your mind, body and spirit through bodywork you give yourself the gift of a lifetime, a gift I am profoundly honored to deliver. My greatest reward is in seeing my patients living lives full of freedom, joy and well-being.

JESSE JAMES FERRELL, LMT

endorsements

I am so grateful to have found Jesse! I was Team Captain in 2004 for the ITF Taekwon-Do Team and we won the World Championships in South Korea. I'm currently training for the Taekwon-Do World Cup and I know Jesse James will be a big part of my success. Jesse has the intuitive ability to scan the body and pin point what is going on with you in a matter of minutes, even seconds. This always astounds me!

JOHNNY KARSTADT

Taekwon-Do World Champion 2004

I experienced a heightened state of relaxation, limberness and freedom in muscles where it wasn't previously present or even available, and a sense of peace that comes with my body thanking me for taking care of it. Each massage with Jesse has been distinct, different, and attuned to exactly what my body needs and is dealing with at the time. Jesse's massage/work/art altered my experience of life, my spirit, my body, and my relationships. If you're looking for someone to alter your life, the Jesse James Method is the one for you.

WES PUTNAM

Transformational Coach

Jesse is an extremely intuitive massage therapist who has an incredible knowledge of the human muscular system. I have received therapeutic massage in the past and feel that Jesse's work is far superior to any other massage therapist that I have worked with. Jesse works with and finds the connecting points of muscles at the skeletal source. This is important in that he is able to work to release the tension and obstructions at their source. My body is on a better path of healing and Jesse's work with me allowed for this transition.

TIMOTHY SWIFT MA, ND