

3116 – Full Body Boost (W/S)

With Paul Galloro and Claudia Micco



Of all the bodily systems, the immune system is the most elusive. It goes beyond our body's natural ability to heal and enters a realm of mental, emotional, and spiritual health. Using movement, breathing techniques, and bioenergetic training, we'll explore ways to tap into our natural healing resources for a holistic fitness experience. Additional tools explored include positive psychology, high-vibe emotion, and sound healing to reduce pain and increase longevity.

The immune system patrols and guards the body against attackers, both from within and without. This complex system consists of around one trillion cells known as lymphocytes that patrol the body for foreign invaders, and about one hundred trillion molecules called antibodies that guard the body against foreign invaders.

The lymphatic system is a part of the immune system and can be thought of as our body's floating immune system. It consists of lymph nodes, lymphatic vessels (similar to blood vessels), and lymphatic fluid. Lymphatic fluid flows through the lymphatic vessels and as it passes through the lymph nodes, foreign bodies are filtered out of the fluid and sent into the digestive or circulatory system to be released.

Unlike the circulatory system, the lymphatic system does not have a pump and lymphatic fluid can only travel through the vessels through contraction and relaxation of the muscles that surround them. You may not realize the movement you are already doing with your clients is moving the lymphatic fluid through their body, though when certain movements are done intentionally and in conjunction with breath work, positive psychology, and sound healing, the efficacy of the movement experiences we create increases and becomes a truly holistic endeavour.

Techniques For Optimal Immune Function:

- Thymus Thumping

- Lymphatic Drainage

- Tapping/Cupping

- Movement:
 - Stand Strong

 - Twisting and Swinging

 - Qua Squat

 - Tibetan Longevity Exercises