



## LET BREATH BECOME YOUR FREEDOM FOR INSPIRATION!



**By: Francesca Graziano-Legrand**

One's ability to breathe fully can be inhibited not only by emotions like fear, but also by tension and physical pain. Have you ever observed another choking back emotions too painful to express?

Muscles of the neck and shoulders are part of the mechanics of respiration. Normally, with each inspiration, the shoulders widen, relax and drop. Some people, who lift their shoulders when they inhale, need their over-shortened muscles to be coaxed into lengthening.

Fascia encloses muscles connecting them in groups. Elastic and resilient, fascia

is also a semi-fluid and gel like material that travels both multi-dimensionally and multi-directionally from the tip of your head to the ends of your toes. It stretches and wraps around organs, suspending them in pockets, and connects them to one another.

Congestion and blockage of blood and lymph flow in deeper tissue show up as surface fascial tension. When your skin is cut, its' surface heals. However, when a cut, bruise or trauma affects many layers, as in a surgical incision, it can cause the fascia to harden and feel lumpy, long after the skin heals.

I have learned special methods to release fascial restrictions. It may take longer than stretching elastic, but the feeling is similar. Imagine the sensations of your neck, arms and legs lengthening!

Well-trained hands can listen to the body's stories of pain, injury and emotional memories, honor the message, and coax the liberation of underlying muscular layers, returning them to a more relaxed state.

Good fascial tone allows individual muscles and organs to glide separately over one another. The advantages of freeing muscles, scar tissue and fascia are to help eliminate neck and shoulder pain, enhance lymphatic drainage, increase blood flow and open one's access to feelings. Easier breathing can lead to living more fully, and helps create joyful flowing with life.

### Testimonials:

*"I love to sing and have sung all my life. After my series of Zentherapy treatments I had access to more breath, which resulted in my voice being more abundant and better than ever. My husband and I were astounded by the results from doing Zen with Francesca!!!"*

*~LFE, Professional Coach*

*"I have stress in my everyday business life and used to struggle to take a deep breath, to take in oxygen, to feel comfortable. After therapy with Francesca, it constantly surprises me that deep breaths are part of my natural pattern and are easy and free. Just concen-*

### Publisher's Note on One Body:

Francesca is truly talented at bodywork. Not only does she help you enter a deep state of relaxation, but she also has an amazing knowledge of the body that goes far beyond massage therapy. She has helped me with a number of problems from relieving carpal tunnel to helping with postural alignment. No matter what body issues you are trying to work on, her vast knowledge and experience mean that she should be able to show you amazing results too.

*trating on deep breathing as she has taught me - even in the car- can relax my body and float tension away in a minute. A fantastic refresher!"*

*~EES, Interior Designer*

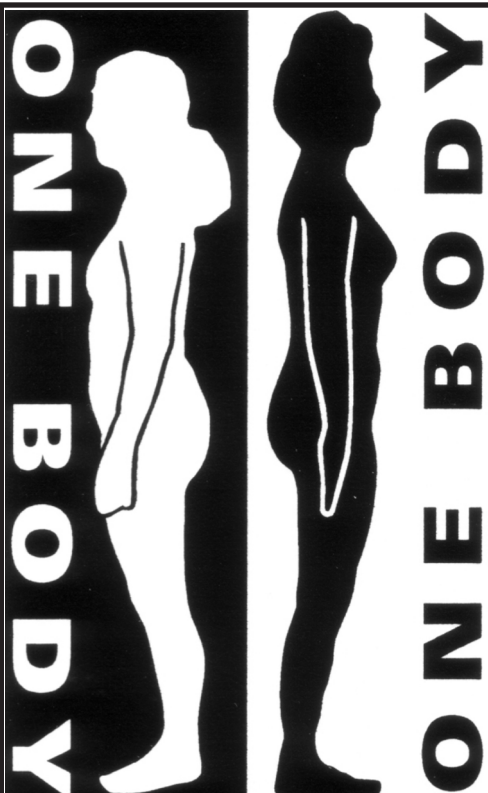
**One Body owner, Francesca Graziano-Legrand, recently re-opened her transformational bodywork practice in Coolidge Corner after 18 years of practice in Brookline and Boston. Her office, now located on the second floor at 1368 Beacon Street, suite 112, is equipped with the body support system to optimize postural support and enhance comfort while promoting deep relaxation during a massage. A nationally certified practitioner of Therapeutic massage and bodywork, Francesca is also a member of the American Massage Therapy Association.**

**Additional specialties include Zen Body-therapy® and Zen Trigger-point Anatomy®, as well as sports massage, visceral manipulation, cranio-sacral therapy and somato-emotional release techniques. Her background of 30 years of dance training lends to her skill in teaching movement re-education to her clients.**

**Graziano-Legrand has used massage therapeutically to help clients improve breathing and relieve pain as well as improving range of motion in joints related to overuse, injuries or accidents. She has recently studied practical integration of visceral manipulation as well as advanced visceral release techniques with the Upledger Institute and is skilled in using a variety of techniques to soften connective tissue and benefit the structural integrity of the entire body.**

**Graziano-Legrand calls her practice "One Body" because at birth each person is gifted with one body. She welcomes the challenge to use her skill and expertise to help others maintain that gift. Her approach includes offering complementary postural assessments to view an individual's habits in standing and its everyday effects, while promoting an opportunity to develop mutual rapport without obligation.**

**For more information, call One Body at 617 738-2639 or e-mail at [onebody1@verizon.net](mailto:onebody1@verizon.net). One Body's goal is to uplift and transform people, one body at a time.**



*One Body Transformational bodywork and therapeutic massage.*



*Uplifting and transforming people, One Body at a time.*

617 738-2639  
e-mail : [onebody1@verizon.net](mailto:onebody1@verizon.net).

1368 Beacon Street, suite 112  
Brookline, MA 02446

Francesca Graziano-Legrand

