



Mind & Body



PUT SPRING INTO YOUR STEP!



By: Francesca Graziano-Legrand

I've often said that the way to a woman's heart is through her feet. Look at shoe sales, shoe styles, and all the shoes in your closet that it hurts to wear.

Many years of ballet and dance training have taught me much. I danced on my toes before my feet were mature enough to carry my body that way.

After many years of aching feet, my doctor diagnosed fallen arches. In my teen years, I developed wider and completely flat feet.

Bunions began to grow. Since I created them, I decided to figure out how to reverse them. I wanted

ideal functioning between the 26 bones of the foot balanced between the fascia, tendons, ligaments and muscles. I became aware of how I was placing my body weight on my feet. I created a way for my body weight to place differently through my feet and toes.

Inspiration involves honoring the emerging self playfully. Growing into a woman's body, ballet dancing became belly dancing. I learned many styles of bodywork and massage, as well as dance, all to honor being a student to my feet. My once aching feet now strongly support me. Learning is a long road. So also are the steps I will walk for the rest of my life.

The feet play an important role, both structurally and energetically, as our base of support. The feet can easily be overlooked as a source of pain and dysfunction for the whole body. A collapsed foot can cause a chain reaction through the ankles, knees, hips and back, and can travel on up to the neck and head.

I look at feet with an eye

for the way they move, or don't move freely. I compare them to each other. When the ankle is passively flexed, it should spring back. Often, when the ankle is jammed, so is the hip joint on the same side. I work to free the muscles until the foot springs back when the ankle is released.

A normal walking pace is about 100 steps per minute. Imagine that most people will walk an average of 115,000 miles in a lifetime - more than four times the circumference of walking around the earth. How free do you want your feet to be?

Testimonial

Before and after working on me, Francesca took photos to document any changes. I was so thrilled; I gave my permission to share them. My photos became her logo. I was impressed with the total transformation in my body. My toes, once curved and compressed, are now straight, and able to spread apart freely. My feet are solidly grounded. I am grateful for her work.

~Pat Kirk

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.



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.

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.

Additional specialties include Zen Body-therapy® and Zen Triggerpoint 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

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

ONE BODY



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Transformational
bodywork and therapeutic
massage.*



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