

BeSingGargle

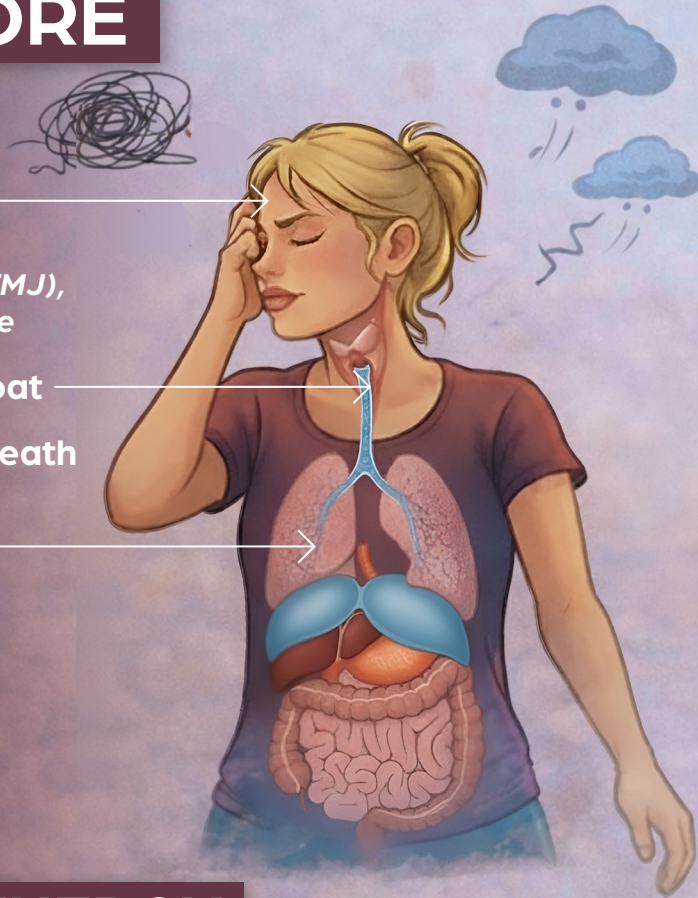
Technique in Action

BEFORE

Stuck in
the Head
*Tight Jaw (TMJ),
Neck, Tongue*

Tense Throat

Shallow Breath



LOW ENERGY

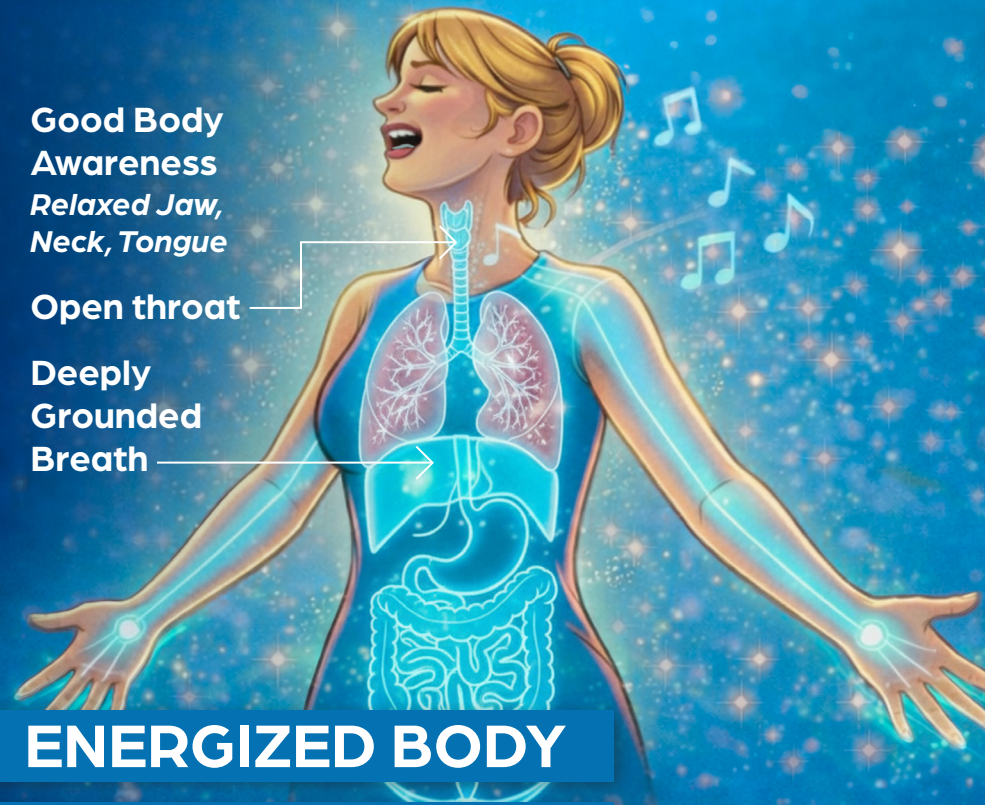
Imbalanced Nervous System

AFTER

Good Body
Awareness
*Relaxed Jaw,
Neck, Tongue*

Open throat

Deeply
Grounded
Breath



ENERGIZED BODY

EMBODIED SOUND

Focused and Balanced Nervous System