




Unbound!

Gentle Movement
Lessons
for
Breast Cancer Survivors



*Dedicated to
all women who are,
in their own ways,
becoming unbound.*



You are invited...

To embark on a journey of change, self discovery, and healing. We hope you encounter many lovely surprises along the way. While these lessons have been designed with your optimal comfort and safety in mind, certain lessons or movements *within* a lesson may not be appropriate for you, depending on your current state of recovery. Please consult with your doctor or healthcare professional and share this booklet with them before beginning this program.

We wish you a pleasant journey.

Praise for *Unbound!*™



“After my first lesson, I felt inside that yes, I can heal! I know I can get well, because I can change. That is what these lessons taught me.”

—Julita V.



“My gains in range of motion on my left side (modified radical mastectomy) were as I had hoped for, but the unexpected improvement and positive impact on areas where I experience chronic pain was a delightful surprise. I consider these lessons to be a major contribution to my recovery.”

—Shelly V.



“During the past difficult months, when my body was weakened by chemotherapy, the *Unbound!* lessons became a source of joy, comfort, ease, and energy... I cherish these lessons for their can-do approach, for their unexpected simplicity, and for their sensual rationality.”

—Eleanor H.

Dear Friend:

Welcome to the *Unbound!* movement lessons.

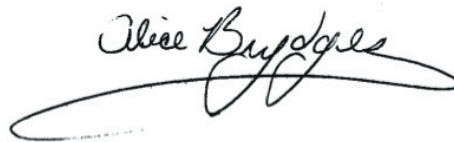
I am pleased these lessons have found their way to you. Creating them was a labor of love, and it is in this spirit that they are offered to you.

Recovering from the diagnosis and treatment of breast cancer is truly a hero's journey. In producing this audio taped series I hope to assist you in recovering a feeling of wholeness, and to instill the confidence that change, and therefore healing is possible.

Please take your time in going through this booklet and the lessons. If you follow the program as it was designed, I guarantee that you will experience a noticeable difference in your range and quality of movement, as well as a greater sense of vitality and well-being.

Please let us know how you respond to the program. Contact us via our website at www.senseyourself.com. Your feedback is very important to us.

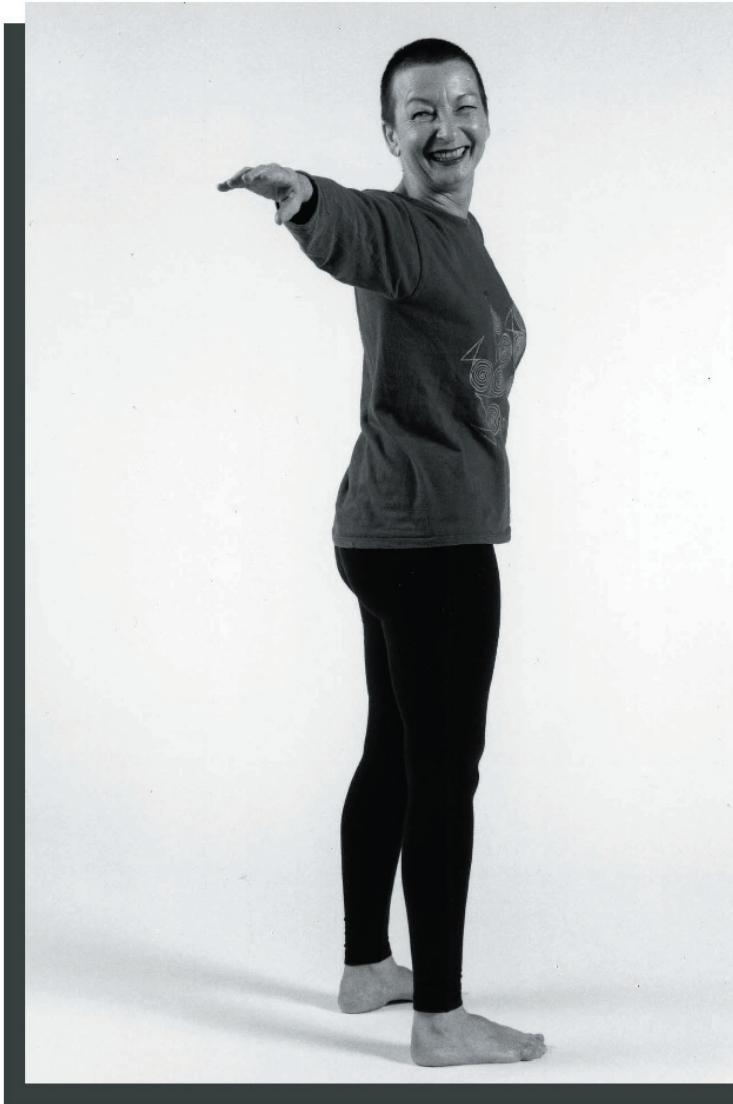
Wishing you all the best in your recovery,



Ailee Byrdges



Looking Back



A movement that no other creature in the animal kingdom is able to perform: Turning around oneself while standing erect. This uniquely human ability enabled our ancestors to turn quickly and efficiently around themselves to scan their environment, thus ensuring a greater chance of survival.



Arm raised shoulder height,
facing forwards...



...sweeping the arm to the side,
turning the head opposite...

...eyes moving in opposition to
the movement of the head.

