



Body Stress Release

Simon Green

# Welcome to Body Stress Release

A Body Stress Release practice located  
in Kensington, Johannesburg

Offering :

Individual client sessions in Kensington  
Corporate Health and Wellness Stands  
On-site Pop-up Practice for the Workplace  
Talks and Presentations  
Advice on Stress, Posture and Life-style



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# The Body Stress Release Cycle



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## 1. What is Body Stress?

### The BSR Technique

- Client is fully clothed; the practitioner locates sites and lines of tension
- We use the body's bio-feedback mechanism to locate stressed muscles
- Practitioners release the tension by hand with a gentle but precise impulse
- It is a process, not a quick fix: and stimulates self healing over time

### What is Body Stress ?

*"Body stress results in lines of tension stored in physical structures, as a result of stress overload, which disturbs the normal tone of the body and undermines the efficiency of its nervous or communication system"*

## 2. Causes of Body Stress

### Causes of Body Stress

Body Stress comes from:

- Mechanical
- Emotional/mental and
- Chemical sources

## 3. Effect of Body Stress

Spasms   Restless legs  
Sinus problems   Bed Wetting  
Heartburn..   Numbness   Stiffness  
Pins & Needles   Headaches  
Tiredness   Fatigue   **Pain!**   Cramps   Dizziness

## 4. The BSR Technique



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# My service Offering



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## Kensington Practice



My practice is located in Derby Road, Kensington and offers a quiet relaxing venue for BSR sessions. Off street secure parking is available and sessions should be booked in advance.



I also do BSR for horses at client stables.

Body Stress Release is a technique for all ages, from babies to the elderly. An initial course of three sessions provides the optimum degree of success for the technique; run on day 1, day 4 and day 11. Sessions typically last between 45 mins to 1 hour depending on client needs.

### Rates (per session)

Client Session – R500

Corporate rate – R450 (full day of client bookings ; x8 max/day)

Retired rate – R390

Children – R100 to 300 (depending on age/session time)

Home Visits – By arrangement – price by location

## Corporate / Event Offering



I also offer on-site services to Corporate clients, events, fairs, and health and wellness event in Gauteng. This service can be extended across South Africa to major urban centers.

BSR ports very well into the workplace as clients remain fully clothed and sessions are typically 30-45 minutes long, so staff can just pop away from their desk for a session.

I offer the following services to corporate clients:

- Information Stand
- Talks and presentations
- Pop-up Practice (on-site BSR Sessions)
- Tailored and long-term packages
- Range of posture support cushions

These are offered in a tier of Bronze, Silver and Gold packages ranging from R3,000 to R6,000 for the day, with a range of payment options. Packages can be tailored to client needs and budget.



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# Corporate Service Offerings – Guide only



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Bronze Package	Silver Package	Gold
<p>Information Stand</p> <ul style="list-style-type: none"><li>• Provide an Information Stand at a Health and Wellness Day, staffed by a qualified BSR Practitioner.</li><li>• Provide short presentations on Stress in the Corporate World and Body Stress Release, as you require. (45mins large audience – 10 mins small groups)</li><li>• Provide brochures and information material relating to stress in the body.</li><li>• These stands are very popular at major health and wellness events held with Schools, Corporate clients, Government departments and <u>State Owned Enterprise</u> clients.</li></ul>	<p>Information Stand &amp; Pop-up Practice</p> <ul style="list-style-type: none"><li>• All as included in the Bronze Package</li><li>• Provide a Pop-Up Practice at your company premises to facilitate stress release sessions with company staff. (Up to 8 pre-booked sessions per day – at a discounted rate). Payment either by the Corporate or by staff.<ul style="list-style-type: none"><li>○ Each 1hour session include taking a full medical history</li><li>○ Review of client stress issues.</li><li>○ A full body stress release</li><li>○ Advise on posture, lifestyle matters relating to stress</li></ul></li><li>• We would deploy two or more practitioners for this service.</li><li>• All subsequent sessions for the individual clients account at R400 per session (a further two are highly recommended) at my practice in Kensington.</li><li>• I have run these at a number of client sites who feel the need to conduct more hands-on stress relief, and are pro-active at staff health care.</li></ul>	<p>Information Stand &amp; Pop-up Practice &amp; Follow-up sessions</p> <ul style="list-style-type: none"><li>• All as included in the Silver Package</li><li>• For three or more clients who have follow-up sessions, an on-site pop-up practice can return to site on selected days to complete the course of three initial sessions.</li><li>• This type of package may be advisable for individuals requiring more care in the work place or might be considered for small highly stressed teams or management C-suite executives etc.</li><li>• We would negotiate based on company needs.</li></ul>
(R3,000)	(R6,000)	(Negotiable)



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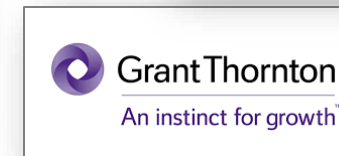
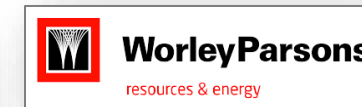
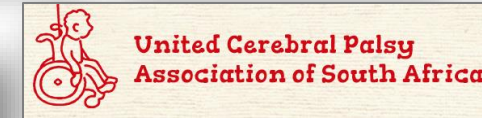
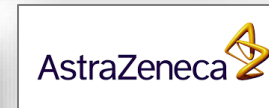


# My Client Wall – Health and Wellness Events Completed



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- My own level of experience to date in Gauteng:
  - Organisations Supported - 33
  - Sites Attended - 44
  - Pop-Up Practice Sites - 17
  - Wellness Events Attended - 124
- BSR (SA) also has attended events in:
  - Cape Town
  - Durban
  - Bloemfontein





Note:

Body Stress Release is not a diagnosis or treatment of any condition or disease. It is concerned only with locating and releasing stored tension, so that the body is assisted in its in-built ability to maintain and heal itself.

