



Kay Hogan is a certified Hellerworker and Alexander Technique teacher. She also teaches Natural Vision Work. Kay has master's degrees in Education and Counseling, specializing in codependency and addiction recovery. Her practice also incorporates her multifaceted training in shiatsu, foot reflexology, cranial-sacral work, applied kinesiology, yoga and Tai Chi. She is currently studying Brain Gym. Kay has worked in the healing arts for the past 20 years.

Kay leads workshops and consults on alternative health topics.

**Contra Costa County
(925) 676-3696**

**kay@kayhogan.com
www.kayhogan.com**

Structural work can improve:

- fibromyalgia
- carpal tunnel syndrome
- computer use
- TMJD
- back and neck pain
- headaches
- bulging discs
- arthritis
- fatigue
- pinched nerves
- circulation
- repetitive stress injury
- emotional blocks
- sore feet
- body stress and tension
- performance in any area
- stage fright
- sciatica
- intestinal problems

**Kay Hogan
M.T., M.Ed.
(925) 676-3696**

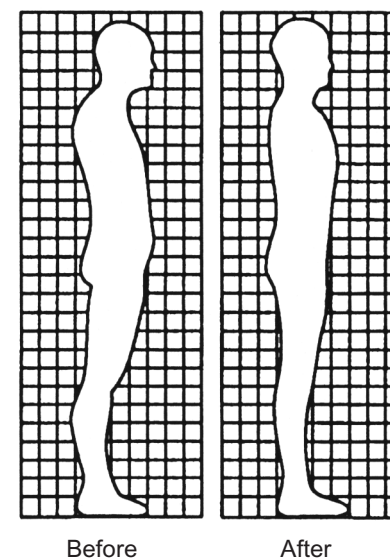
Kay Hogan

M.T., M.Ed.

Hellerwork

The Alexander Technique

Natural Vision Work



*Experience comfort and movement
through structural realignment.*

Hellerwork



The Hellerwork series consists of eleven sessions of deep tissue bodywork and movement education, designed to realign the body and release tension and stress. It works on the whole body, re-balancing and re-educating it to a more relaxed and youthful state.

Hellerwork works on the connective tissue of the body, known as fascia. We mainly consist of fascia, and, in its best condition, fascia is loose, moist tissue; under continual stress and lack of movement, fascia becomes rigid and loses its fluidity, causing stiffness, tension and often pain.

Each session has a theme that looks at the emotional body as well as the physical. Each session builds toward an unwinding of the whole body aiming to take that body back to its younger state of ease and movement. Sessions are 90 minutes.

The Alexander Technique

The Alexander Technique is movement reeducation to prevent injury and to help recovery from illness and or pain. It promotes optimal functioning movement patterns. Athletes, performers in creative arts and people recovering from injuries and other physical difficulties use it. The process enables you to relearn to use your inherent capacity to move naturally. In Alexander lessons, you learn how to use your body without tension or holding, and to move from the bones by lengthening muscles to regain your full height and width. Lessons are one hour.



Natural Vision Work

Natural Vision Work, coupled with the principles of the Alexander Technique, teaches the use of the visual pathway for improved vision.

Using the visual pathway in this manner not only improves vision but, like the Alexander Technique, promotes structural changes in the body. Using the eyes in a conscious way helps to improve how we use our selves. True vision is a total-body experience. Your eyes aren't simply passive receptors — you can train them. As you open up your field of vision, you open up your body. One-hour lessons based on the principles of the Alexander Technique.

