



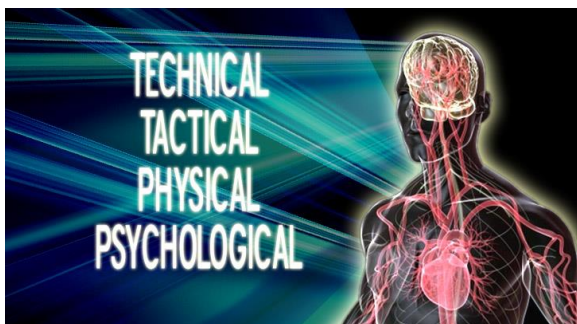
Body Talk

Athletic Performance

Athletes benefit from the BodyTalk System in maintaining the body, preventing and recovering from injury and sickness, and fine-tuning performance. Bodytalk works quickly for athletes because they tend to already be in great shape and know their bodies well.

Used as part of an athlete's regular maintenance program, BodyTalk can address incompletely healed injuries. Bodytalk in the athlete's toolbox fine-tunes the synchronisation of all bodily systems to help achieve peak performance.

Perhaps as an athlete, you may fall apart under pressure. Regardless of how much you practice, once you are in the live event you seem to buckle under the stress. Bodytalk will help disempower powerful, anxious and limiting belief systems surrounding performance, such as "I always seem to mess this up" or "It's not ok to be the winner"



TIME-RELEASE SESSIONS

Athletes already know at what point during the event they feel weakest and usually which body part is affected. This is the time to benefit from a booster time-release BodyTalk session.

Such a session can be stored in the hippocampus of the brain and released at just the right time



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MindBody Connection encourages you to make your own health care decisions based upon your research.