

The Three Components Of Block Therapy



Create Space

Creating space in the body and melting through restrictions in the tissue is important for correcting posture and improving blood

and oxygen flow to the cells, keeping them fed and clean.



Inflate Space

Instruction of proper diaphragmatic breathing turns on the internal furnace optimizing the melting of adhesions in the tissue. In

fact, diaphragmatic breathing increases oxygenation in tissue up to 6x.



Maintain Space

Understanding how to use your body properly and strengthen the correct foundation is crucial to maintaining proper cellular

alignment. Block Therapy addresses this to give you a full body program and teaches you how to bring proper posture into daily activity.



Contact me for privates and
classes

Healing with Heart

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Breathe
&
Believe

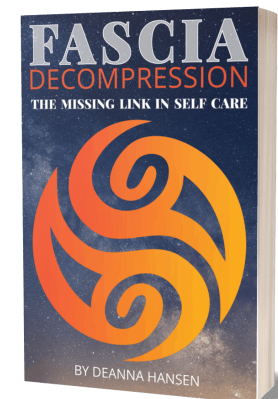


Block Therapy™

Changing Lives One Block At A Time

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What is Fascia?

Fascia is the tissue connecting every single one of our 100 trillion cells.



What is Block Therapy?

Block Therapy is designed to melt through restrictions in fascia tissue caused from aging, injury and surgery. The student lies over a therapeutic tool called the Block Buddy.

The combination of body weight, gravity and diaphragmatic breathing creates a heating effect that melts through restrictions, improving blood and oxygen flow to cells.



Meet Deanna Hansen

Deanna Hansen is a Certified Athletic Therapist and the Founder of Fluid Isometrics and Block Therapy. She has been developing this bodywork system for 18 years, spent over 50,000 hours working in people's tissue and has seen the amazing benefits of this simple and efficient system on thousands of people, including herself.

"The reason why it has been so hard for you... you haven't been given the complete story about weight loss and healthy aging. I know, I struggled for years, was 50 pounds overweight and was dealing with anxiety, depression and chronic pain. The harder I worked to get the body I wanted, the worse I looked and felt. This is why I am going to share the fast and effective approach I learned that has changed my life forever!"



Testimonials

"Block Therapy has unlocked the mystery of my body that I've been trying to solve for years. It's now my partner in healing."

- Laura A.

"I became involved in Block Therapy and it changed my life. The change to my health has been nothing short of amazing. I can move again. Pain levels are way down and easier to control. I am getting my freedom back! Mind blowing. Block Therapy is now a part of my life. No chemicals. Only positive side effects. My life is changed!"

- Garnie R.

"I am an ovarian cancer survivor, in remission now for one year, with a great prognosis. This winter while in the Bahamas, I was introduced to Block Therapy by a friend. After taking my first class, I bought my block on the spot. I suffer with neuropathy in my arms, hands and feet as a result of chemo. My neuropathy is now much improved. I am also starting to get my waist back from the "waist pile"."

- Elaine T.