

# Bounine Method

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Your balance restored, your body set free

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## The Bounine method

### A new therapeutic approach

An osteo-therapeutic approach: care of the bones, therapy for the bones. The bone is a living tissue, whose composition is 40% water. It is the living memory of the individual. The bone is also the tissue which acts as the frame for the body and gives it shape.

### Two innovative concepts:

- Equilibrium of the pelvis
- Liberation of the traumatic bone memory

### Respect for the fundamentals

- Anatomy and biomechanics
- Prevention

### Giving hope

Experience again your real physical and emotional foundation thanks to a recovery of the original equilibrium and maintenance of this equilibrium in space and time.

Revive your proper physical and emotional focus thanks to recuperation of your original body balance and maintenance of this balance in space and time. .

*“Being in shape means being inside your shape”*

### A universal method for all ages

- From birth to old age
- Whether sedentary or a high-performance sports-person
- Whether in good health or suffering from an ailment.

### A technique: MPO (Postural Osteotendon Massage)

The therapist treats the patient by means of long, firm finger pressure on the points where the muscles, the aponeurosis and the ligaments are attached to the bones. This treatment frees up the body tissues, releasing of those tensions stamped upon the body due to traumatic events and suffering endured during the patient's lifetime. Associated with and following upon the treatment the pelvis is realigned and brought into balance.

### The originality of the Bounine method:

The method has been perfected in treating high-performance sports people, where officially prescribed techniques did not produce results.

### A rhythm

- 5 basic sessions average over 2-3 years
- 1 annual preventive session recommended

### A réponse

- Why do I feel unwell?
- What is making me feel unwell?