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## Methods and Modalities

**Myofascial Release** alleviates postural imbalances in the connective tissue, relieves trigger points, and creates an overall sense of relaxation and well-being.

**Muscle Energy Technique** gently encourages bones back into alignment without force.

**Neuromuscular repatterning** teaches you new movement patterns so you can remain in balanced alignment.

**Craniosacral Therapy** balances the rhythm of the cerebrospinal fluid as it flows up and down the brain and spinal cord.

**Visceral Massage** aligns the organs for optimal functioning and deep support for posture and movement.

**BMC® Embodied Anatomy Yoga** offers lessons in experiential anatomy through the practice of Yoga.

**BMC® Developmental Movement** repatterns adult movement through a reinvestigation of your movement from the first year of life.

Some conditions that can be treated with Structural Bodywork and Somatic Movement Therapy:

- Scoliosis and leg length discrepancies
- Pre/postnatal discomfort
- Post-operative scar tissue
- Tendonitis and repetitive strain injuries
- Mild sprains and joint inflammation
- Headaches, jaw pain, and whiplash
- Rotator cuff injuries
- Herniated discs
- Meniscus tears
- Plantar fasciitis
- Hiatal hernias and other digestive issues
- Muscle tension dysphonia and other vocal issues

Email [nicolebindler@gmail.com](mailto:nicolebindler@gmail.com) for scheduling.

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"I have been seeing Nicole every 2 to 3 weeks for years now because I dance 30 to 40 hours a week. Nicole realigns and centers my body, which allows me to always work at 100%. Every session with her has a different focus because my body's needs change from week to week. If I was not seeing Nicole as regularly as I do then I would not be able to dance at such an efficient level." —Laura Giacomelli, Choreographer and Dance Teacher

"Nicole works with great clarity and her applicable knowledge allows me to be active in receiving and maintaining the work. When receiving work from Nicole I never feel that something is trying to be proven or sold to me. I have recommended her to many of my coworkers and friends and will continue to do so in the future." —Shannon Murphy, Dancer, Educator

"It all started when a friend of mine noticed I wasn't walking correctly, and he suggested Nicole Bindler. Nicole has not only healed my body but she redirected it on the path to a new way of living, an awareness that the body does not have to be in pain to prove you're a dancer!" —Samuel Reyes, Dancer, Educator



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# Structural Bodywork & Somatic Movement Therapy

[www.nicolebindler.com](http://www.nicolebindler.com)



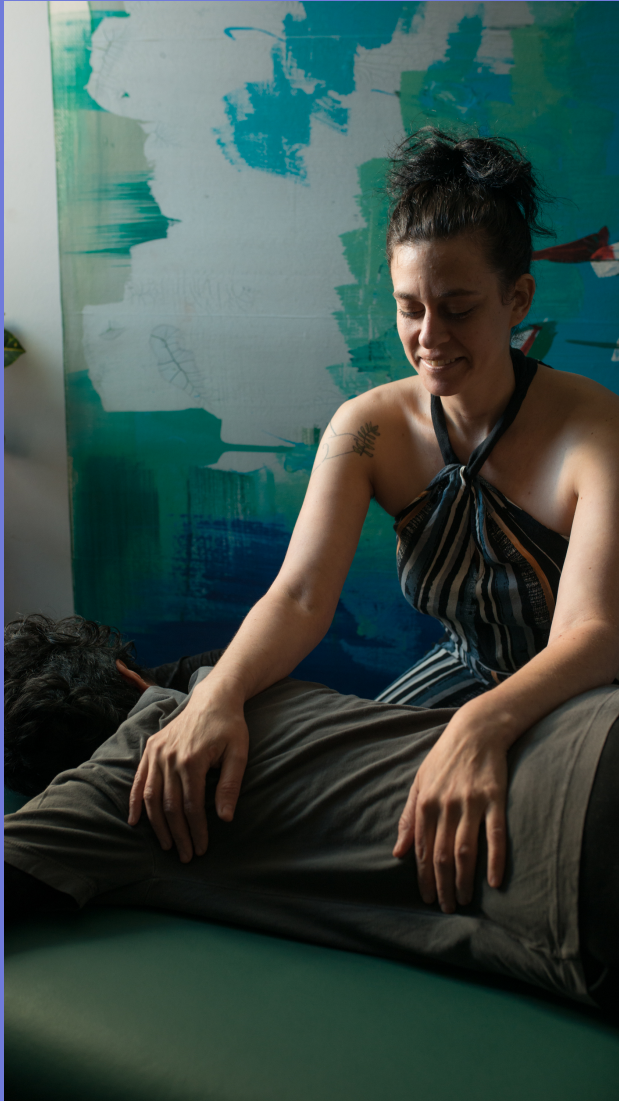


**Alleviate chronic pain and tension.**

**Increase your endurance and range of motion.**

**Hone your intuition and capacity for self care.**

**Feel better in your body!**



**Nicole Bindler, BA, LMT, BMC®, CYT**, has held a private bodywork practice for 22 years. She offers structural bodywork and somatic movement therapy with an emphasis on injury treatment and prevention through hands-on sessions and guided movement repatterning. She works primarily with muscular tension, skeletal alignment, and fascial tensegrity, but also practices visceral manipulation, joint mobilization, craniosacral therapy, embodied anatomy, and developmental movement. Nicole received a BA in Dance from Hampshire College (1999). She is a graduate of the Muscular Therapy Institute (2002) and holds certificates in Embodied Anatomy Yoga (2010), Embodied Developmental Movement and Yoga (2013), and Practitioner of Body-Mind Centering® (2017) from the School for Body-Mind Centering®. She completed the Lyons Institute Biodynamic Craniosacral Therapy courses 1-3 in January 2021, and is currently enrolled in the Polestar Pilates teacher training. She is licensed by the Pennsylvania State Board of Massage Therapy and a member of the Body-Mind Centering Association. She is a Registered Master Somatic Movement Therapist with the International Somatic Movement Education and Therapy Association. For scheduling and rates email [nicolebindler@gmail.com](mailto:nicolebindler@gmail.com). For more information visit: [www.nicolebindler.com/](http://www.nicolebindler.com/)

