



Frequently given answers

Getting ready for your session

Location of the studio

The studio is located in Hyrtlgasse 12, 1160 Vienna.

At the intercom ring "Therapiezentrum" and the door will open.

Go through the corridor to the garden and enter the door on the other side of the courtyard.

On the first and only floor, there's the room where I practice, which is called Ta Hui.

When to come

I receive on Tuesday, Wednesday, and Friday from 9:00 to 19:00.

Due to Covid restrictions, we are not able to host too many people in the waiting room.

Please come 5 minutes before the scheduled session.

Get into the vibe of your session

To start with, give yourself the best conditions to get the most out of the session: come ready to involve yourself, don't eat a heavy meal right before, and most importantly allow for a little extra time before and after the session.

If you come by bike/car, please take a short walk before starting to drive.

What to wear

During the session, you should be able to breathe deeply and move freely while providing access to the body parts we choose to work on. Hence, the session is usually conducted in underwear. Should you want to keep your bra on, make sure that it is not too tight or constricts your chest, back or shoulders.

In case you prefer to receive the session fully clothed, please wear light and comfortable garments like shorts/leggings and a thin shirt.

How long does the session last

A session takes one hour, which includes a Foot Analysis at the beginning and a 10-minute resting phase at the end. In the resting part, you will get the space to let your body process and digest the session by relaxing on the table alone.

Cancellation

The cancellation of the session is possible until 24 hours from the appointment.

If made afterward, the session will be charged anyways.



What to expect from a Grinberg Method session

What we will do

We start by defining the goal of the process together.

Whatever the aim is, all along the process you will learn to increase the quality of your breathing, relaxation, silence, and awareness of your needs. The process combines touch, movement, and exercises with description and verbal guidance. Every session starts with a Foot Analysis that assesses and defines the aim of the process in order to adapt it specifically to you.

What you will learn

By becoming a body, and thereby unifying your mind with your bodily sensations, you will learn to:

- transform the experience of pain and relax into fear
- stop different types of effort (patterns) you hold in your body
- increase your body attention, your vitality and your ability to concentrate
- improve your quality of sleep and digestion, and overall attain a higher level of well-being
- tap into sources of energy that you may have not been aware of having in your body.

What's on the menu (areas and goals we can work on)

Through cultivating body attention, the Grinberg Method can help you to:

- *Work with physical pain and help your body heal*

The process supports you in achieving a change from the actual condition you're struggling with. Your state of well-being is the outcome of different patterns you've learned in order to deal with pain and fear. These patterns are efforts that channel your energy and attention into fighting instead of recuperating and healing. The process is focused on unlearning these patterns and re-learning how to allow your body to recover.

- *Digest emotions and change behavioral patterns*

It might be that in specific situations you experience ongoing stress, worry, fear, boredom, loneliness, and the like, or have a particular form of behavior, such as nervousness or shyness. The process will teach you how to stop these automatic ways of being, by letting you learn about the pattern that you fall into and why it exists.

- *Unleash your potential*

You may wish to develop a talent, follow an ambition, fulfill a specific project or goal, and give expression to your creativity or vision. By assessing what stands between you and your wish, and thus what you do to curb yourself in that field, you will learn to stop limiting yourself and allow your potential to manifest and be fulfilled.

I don't work alone

The process is based on our cooperation, so you have a major role in its success. The more you commit, the more you will gain.

- The more you pay attention, and share with me, how your body is between sessions, the quicker your body attention will grow and the sessions will be adapted to follow
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your body. This includes any outstanding changes in your physical condition, sleep, appetite, digestion, vitality, etc.

- To establish the outcome of every session and the process as a whole, integrate what you have learned in the studio into your day-to-day life.

How long will the process take and is it working for you?

- Although the length of the process cannot be determined in advance, a noticeable change is expected within the first eight sessions. Process length will be affected by factors such as the duration and severity of what you want to change, how ingrained it is in your body, your age, and your involvement during the process.
- When there is no apparent change after about eight sessions, we will discuss the continuation of your process. In the event of a worsening, you should consult your physician.
- Like anything else in life, not everything fits everyone. At any stage of your process, you may decide that what it requires of you does not fit your wishes, and we will stop the process.

The Grinberg Method's disclaimer

The Grinberg Method is a methodology of attention that teaches through expanding and focusing body attention. It does not claim to heal, to be an alternative medicine, a massage therapy, or to be considered among the helping professions. It is not intended for persons suffering from conditions considered life-threatening, or for those with conditions or serious illnesses that require medical or psychiatric attention.

Moreover, it is not intended to be a substitute for any kind of required treatment. The method has no ideological or mystical basis and does not demand any particular lifestyle.

Any medication taken prior to or during the process should be taken as instructed by your physician, and any changes in medications or treatment should be done only after consulting with your physician.

Looking and touching your feet (Foot Analysis) is a tool to assess and define the aim of the process and adapt it specifically to you. This is neither a medical nor psychological diagnosis, and it does not replace them. At any rate, prior to beginning a Grinberg Method process, a medical diagnosis should be sought for any unclear condition.

Kindly keep this information sheet for future reference. You are also welcome to read the Code of Ethics and Professional Conduct of Grinberg Method Practitioners (available at www.GrinbergMethod.com), in which you will find further information about what to expect from your process.

I look forward to our work together.



+43 6601272812

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