

**PRIMARY BENEFITS:
IT'S ALL ABOUT MOVEMENT OF THE BODY**

The Chi Machine can support the Oxygenation of the body and promote the movement of the Lymph throughout the body. It can help relax muscles the spin naturally aligns. As the body relaxes the autonomic nervous system can come into balance resulting in great focus and mental calm.,

The gentle rocking of the machine replicates an ancient chinese technique once done by hand.

Multiple health challenge benefits.

The Chi Machine mimics a massage like action, even rocking the internal organs and some have called it a passive aerobic exercise. Movement of the body - consistent motion energy - can bring oxygen to the tissues of the body, including the brain with the possible benefits of:

- 1) Relief in muscle soreness, tension, stiffness and discomfort.
- 2) Spinal alignment and improved flexibility.
- 3) Supports balance and functions of all body systems.
- 4) Lymph movement supporting the body's detoxification process
- 5) Promotes a sense of calm
- 6) The brain can shift to an alpha brain wave state supporting deep relaxation
- 7) Supports healthy sleep patterns
- 8) Balanced metabolic systems can help regulate natural weight loss

\$20 - 15 minutes 5/\$15 (\$10 when add to Biomat session)