
Welcome to Mind Body in Unison

Mind-Body in Unison, LLC is a Tampa Bay company dedicated to teaching you how to regain control of your health and wellness. Often it is remarked that as we get older, we degenerate, we become fatigued, stiff, and our bodies have aches and pains. But this bodily experience of growing old can be reversed. In fact, old age is just a condition of stress on the body that affects each body system in a specific way. Our bodies respond to the stress of daily life and traumas with predetermined distortion patterns. These reflexes when repeatedly triggered cause habitual muscular contractions that go unnoticed in the body. Thomas Hanna termed this sensory-motor amnesia (SMA). It may be said that a host of medical conditions and symptoms result from SMA. So we can take a fresh approach and begin a practice of Hanna Somatic Education (HSE), a series of gentle, mind-body movements. Mind-body movements (Somatic Exercises) bring us to our full potential as human beings. Allowing us to mature, expand, and live our life the way it was intended. Thomas Hanna said, "Somatic Exercises can change how we live our lives, how we believe that our minds and bodies interrelate, how powerful we think we are in controlling our lives, and how responsible we should be in taking care of our total being."