



Jan Mundo: A Somatic Exploration of Headaches, Migraine and Myofascial Pain



Jan Mundo helps people to unwind their headaches, migraines and trauma, with somatic coaching, bodywork and mind-body practices. She has been relieving headaches and migraine for fifty years with the biofeedback touch therapy she developed, working directly on the head with the sensations of pain. With a touch of vulnerability and an earnest attentiveness to listeners, Jan Mundo helps you to discover why working towards pain is essential for healing, with step-by-step instructions for tension release.

TOP EMBODIMENT TIP: Meet your pain at its own level of resistance without making more pain.

Personal Story:

- Jan shares elements of her own story, and their influence on her research and ability to transform people's lives.

Definitions:

- Explanations of migraines and tension headaches.

Note to Chronic Headache Sufferers:

- **Beginner's mind** is essential when working on yourself so as not to give up in defeat.

Working Somatically with Pain:

- Rather than alleviating pain through medication, we are working towards or into the pain, to explore and thus release it through touch and attention.
- Two main principles for working on your pain - puppy dog paws, and working on both sides.

Putting into Practice:

- The final part of this video leads the listener through a series of exercises and postures for tension release.

Resources

- ❖ **Website:** theheadachecoach.com
- ❖ **Books:** *The Headache Healer's Handbook*
- ❖ **Resources:** PDF gift "A Somatic Exploration of Headaches, Migraine and Myofascial Pain" plus discount coupon available at: bit.ly/2GUkzO4



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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