

FASCIA HEALTH & CHRONIC PAIN RELIEF

Ancient and Modern Medicine to get Unstuck

KRIS QUIÑONES, LMT, AHC, CYT500

- Founder of Rasayana, LLC, specializing in natural pain relief, mobility, and sports performance.
- Over 2 decades of combined professional experience in clinical massage, orthopedics, competitive sports, Yoga, and Ayurveda
- Competitive tennis player and semi-pro Latin ballroom dancer. 1999 Boston Int'l Karate Championship Finalist
- Pitta-Kapha Constitution



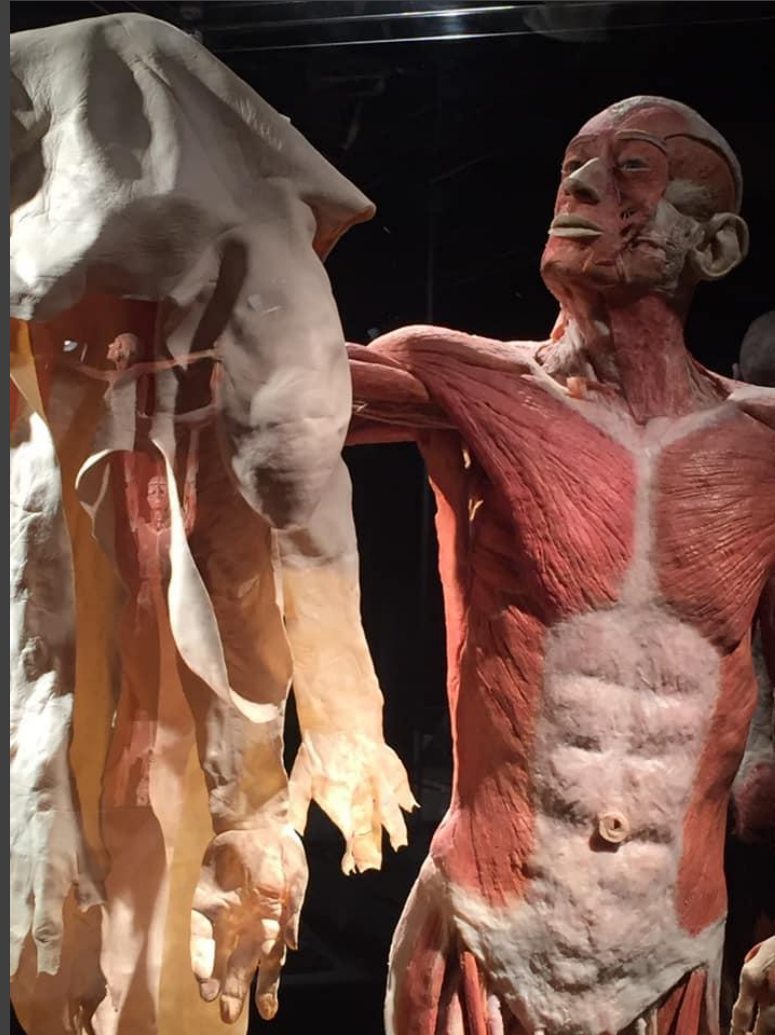
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AYURVEDA | MASSAGE | YOGA



WHAT IS FASCIA?

- Sheets
- Bands
- Webs
 - Collagen (Fibronectin)
 - Elastin (Lamanin)
 - Ground substance
- Glucosaminoglycans (Hyaluronan & Proteoglycans)



A HEALTHY FASCIA SHOULD...

- Glide freely!
- Transfer a muscle's contractile strength to bones via tendon and neighboring muscles
- Be characterized by tautness, resilience, and extreme elasticity
- Add tensile strength
- Effect transport of nutrients



- Sheer forces

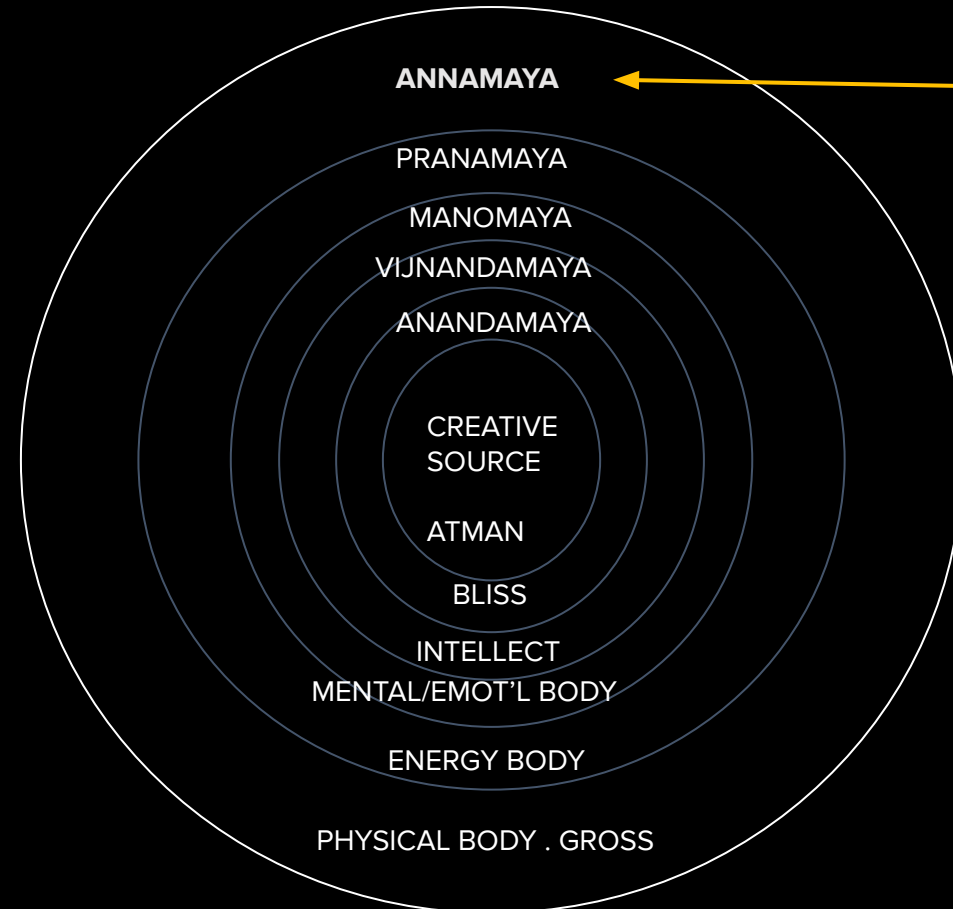




"Ra means "to relish, praise, or ease;" sa means "juice, sap or secretion." *Rasa* is the case associated with secretions in the mouth. The moment a substance (food, medicine, or herb) touches the tongue, the first experience is ease or *rasa*. Any substance, be it pepper or milk, creates salivation and thereby taste. The word *rasa* has many profound meanings. *Rasa* means taste, melody, experience, comprehension, interest, enthusiasm, appreciation, emotion, juice, plasma (*rasa dhatu*), mercury (a heavy, liquid metal) semen, and essence."

-Vasant Lad, M.A.Sc.

Healing Through 5 Subtle Bodies



- Both systems of Yoga and Ayurveda agree; restoring physical health is a preliminary goal before entering a spiritual life
- Prepares the body to support the spiritual process
 - tissues
 - circulation
 - digestion
- Assures the successful pursuit of a spiritual life, regardless of faith, religion, or discipline

WHAT DOES FASCIA DO?

- Supports movement in a way that less muscle effort is necessary



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WHAT DOES FASCIA DO?

- Handles forces of compression and traction with perpetual remodeling

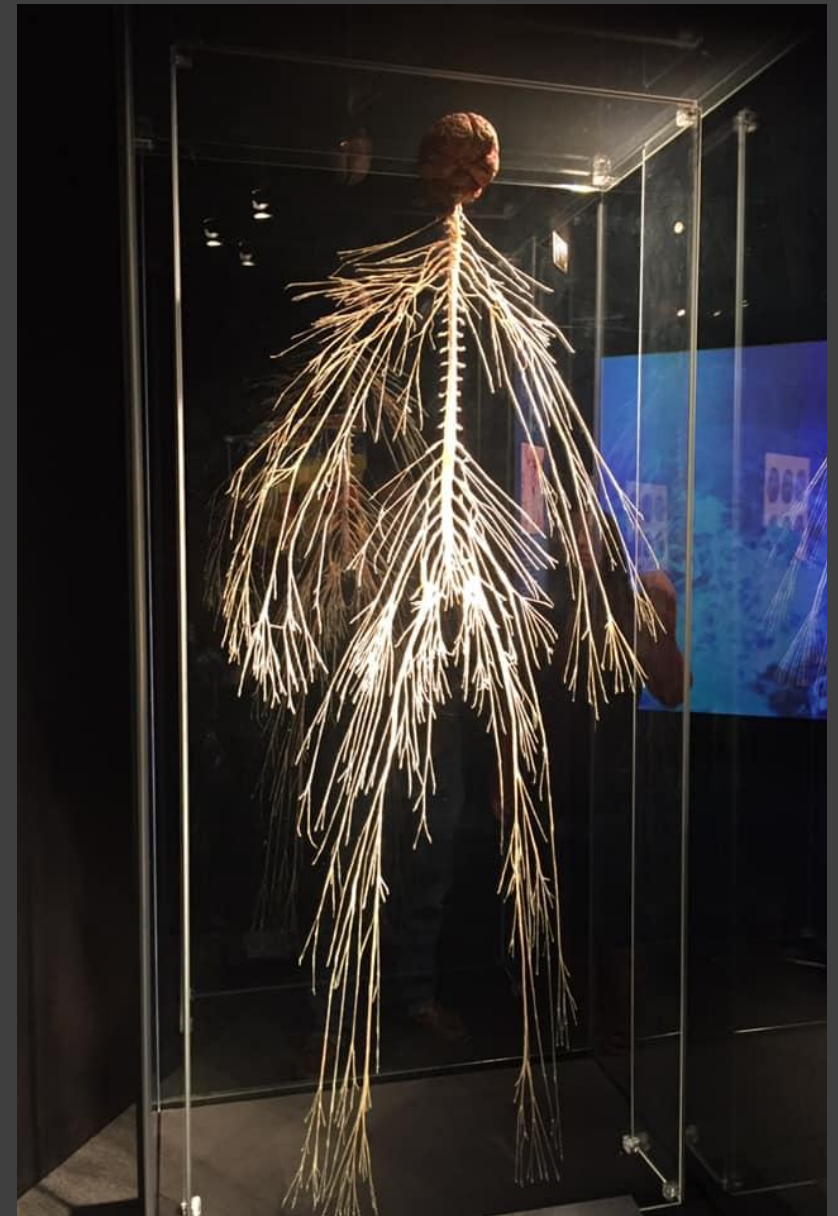


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BODYWIDE COMMUNICATION...

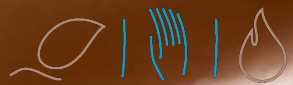
- Ruffini receptors
 - Pacini receptors
 - Golgi receptors
- Free nerve endings



PROPRIOCEPTION



AYURVEDIC SELF-MASSAGE (ABHYANGA)



RASAYANA LLC

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- *Ra* means ‘to relish, praise, or ease’
- *Sa* means ‘juice, sap or secretion’
- Therapies are a means to:
 - enter the plasma & lymph (*rasa dhatu*)
 - enkindle agni
 - tonify the tissues
 - redirect or eject excess dosha
 - facilitate flow of *shakti* through the *koshas*, *nadis*, and *chakras*



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AYURVEDIC DEFINITION OF HEALTH

*Sama dosha samagnis ca sama dhatu mala kriyah.
Prasannatmendriya manah svastha ityabhidhiyate.*

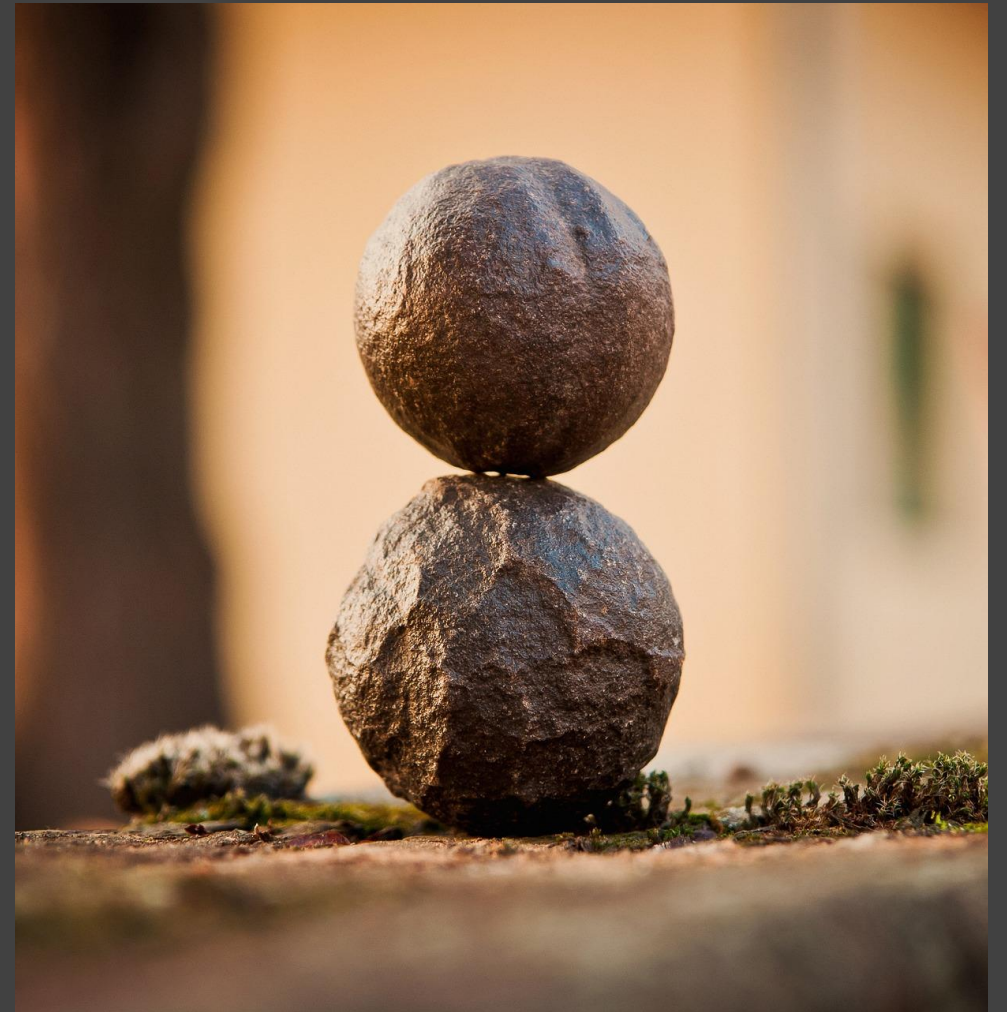
- Sushruta Samhita, 15.38

One who is established in Self, who has balanced Doshas (primary life force), balanced agni (digestion), properly formed dhatus (tissues), proper elimination of malas (waste products), well-functioning bodily processes, and whose mind, soul and senses are full of bliss is called a healthy person.



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2 Classifications of Ayurvedic Therapies

Shamana

- Non-clinical, stages 1-3 of *Samprāpti*
 - *Sañcaya* - Accumulation
 - *Prakopa* - Aggravation
 - *Prasara* - Dissemination
- Easier to treat
- Tissue function has been affected
- Pacifying the doshas in the body
 - *Snehana*, or oleation
 - *Svedana*, or heat/fomentation therapy

Shodhana

- Clinical, stages 4-6 of *Samprāpti*
 - *Sthanasamsraya* - Localization
 - *Vyakati* - Manifestation
 - *Bheda* - Differentiation
- Difficult to treat, requiring medical physician
- Tissue structure has been affected
- Agitating & ejecting the doshas in the body
 - *Snehana*, or oleation
 - *Svedana*, or heat/fomentation
 - *Pancha Karma*, or 5 internal purifications of the body



TYPES OF SELF MOVEMENTS

Pulsing

Swinging

Vibrating

Shaking

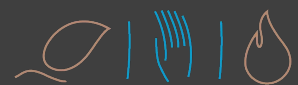
Brushing

Jostling

Twisting

Skipping

Jumping



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MANUAL TECHNIQUES

Static compression

Shearing

Wringing

Tapotement

Petrissage

Effleurage

Trigger Point Release

Contract/Release

Shaking

Vibrating

Jostling

Pin & Pull

Pin & Mobilize

Rolling

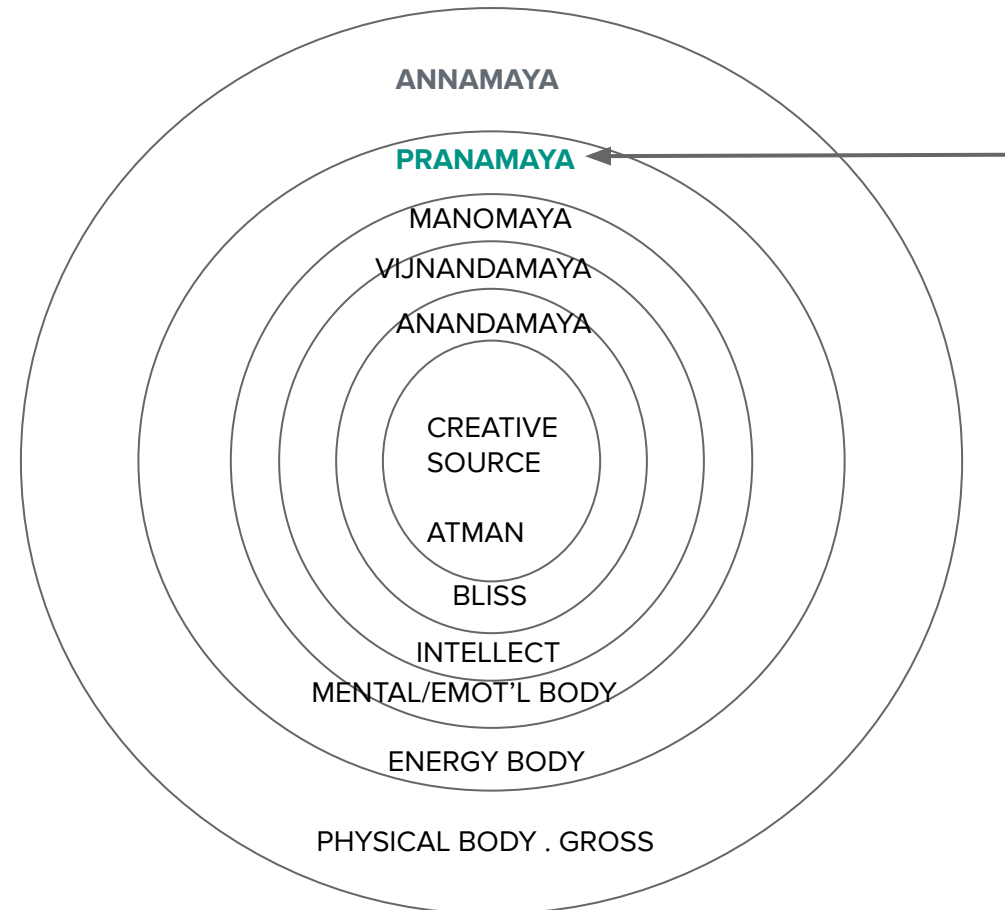
Pawing



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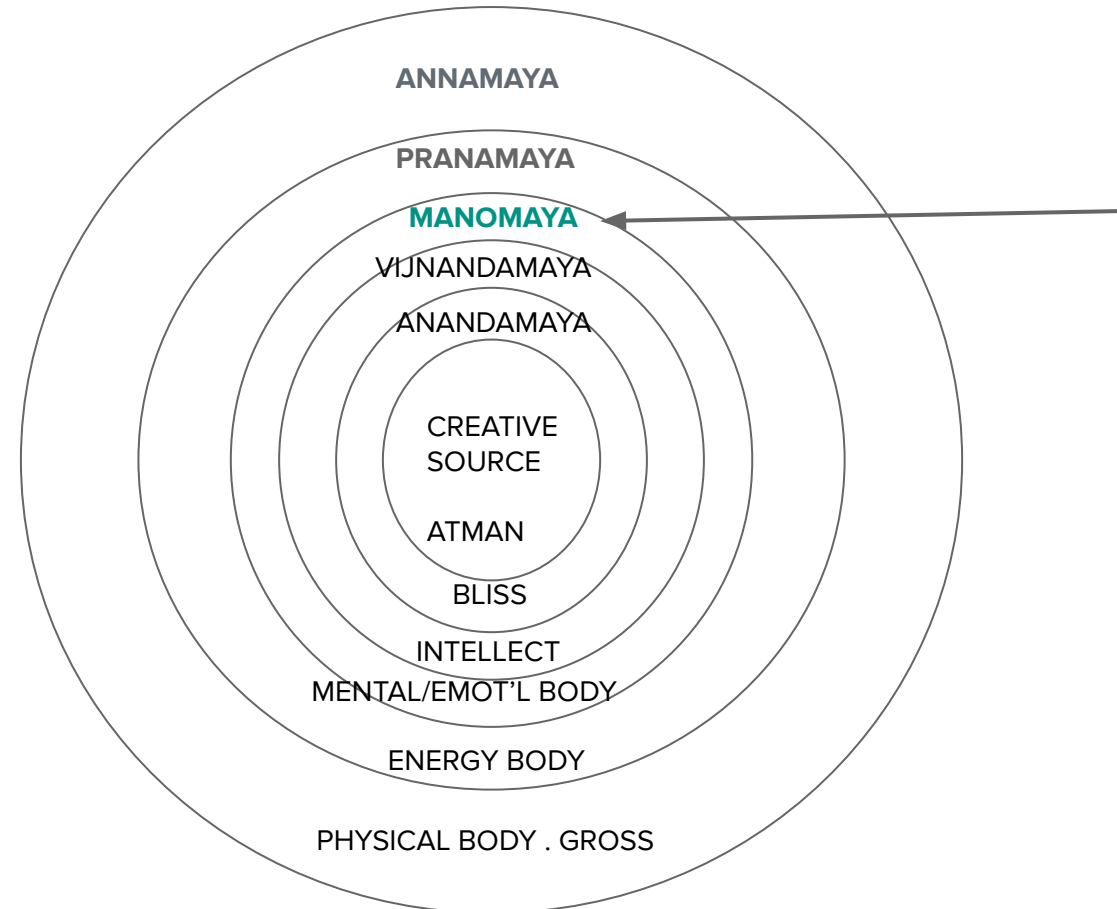
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Healing Through 5 Subtle Bodies



- Accessible once blood supply is restored to the musculoskeletal system and srtotas are functional
- Ayurvedic massage plays an important role in providing the right environment for good, direct rising of Kundalini energy
- Manages vibrational frequencies to direct or redirect pure consciousness:
 - vayus
 - nadis
 - chakra

Healing Through 5 Subtle Bodies



- With balanced physical & energy health, we avoid dangerous belief systems and patterns of behavior
- Facilitates proper flow of vayus
- Protects spiritual health

CASE STUDIES



- 65 y.o. Male with chronic abdominal and pelvic pain
- 55 y.o. Female with Rheumatoid Arthritis and systemic joint pain
- 35 y.o. Female with chronic piriformis syndrome
- 25 y.o. Female with congenital hip dysplasia & torn labrum
- 37 y.o. Female with severe PTSD
- 42 y.o. Male with severe psoriasis
- 34 y.o. Male with pilonidal cysts

रसायन

RASĀYANA (RUH-SAI-YA-NAH)

1. Structural Integration (Touch + Movement + Embodiment)

2. Load bearing

3. Nutrition

4. Snehana & Svedana Therapies

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