

Eliminate Stress, Enjoy Life More



Our Unique Brain-Body Reset Enables Your Body to Rebalance Naturally

What is The Rubenstein Method?

- An Innovative, Non-Invasive Health Solution
- Defrags and Reboots Your Body & Brain
- Small, Precise Motions Called Calibrations
- Breathing Techniques Specifically Designed to Eliminate Stress & Anxiety
- Stretches Specifically Designed to Target Stubborn Fascia

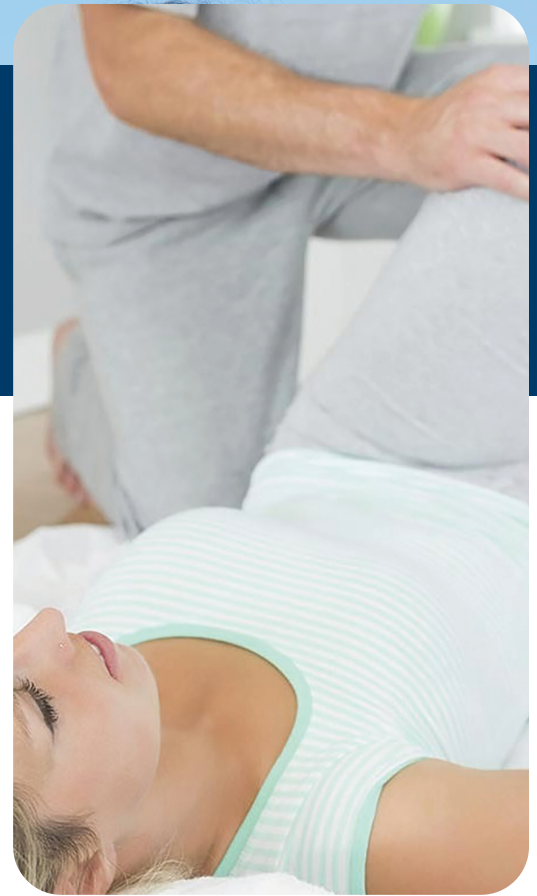


What does Neuromuscular Calibration do for You?

- Decreases Production of Stress Hormones Without Medication
- Improves Sleep Results
- Increases Energy
- Improves Mental Focus & Clarity
- Leads to Optimal Physical Performance
- Enhances Brain Performance
- Relieves Body Pain
- Empowers Addiction Recovery



*If you can breathe and sleep well,
you can heal from anything.*



What to expect during and after your very first session:

- Feel a level of relaxation that you haven't felt in years, perhaps ever
- Your mind will know what it feels like to be clear/empty
- Feel more present in time
- Any physical pain that you may be experiencing will be reduced or eliminated

Programs

- Instant Relief Session - 1 Hour
- Discovery Session - 1 Hour (includes consultation with Dr. Rubenstein)
- Neuromuscular Calibration Program - 12 2-Hour Sessions
- Practitioner Certification Program - Levels 1 & 2
- Junior Certification Programs



Contact us for more information.

Visit our website at rubensteinmethod.com