

## Marcia Polas

Realignment specialist,  
somatic practitioner, and  
movement consultant

# Occupational movement and realignment practices.

## The ergonomics of isolation

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Few of us have trained to work from home full-time, but the COVID-19 pandemic means that “#StayHome” is the new reality we must navigate. Whether it is taking hours of conference calls from your kitchen table or couch, the increased stress of home and work overlapping, or the lack of access to traditional health and stress management tools like the gym, **new aches and pains are surfacing.**

## Marcia's approach

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Marcia teaches people how to **use their bodies in their environment**, giving them a better understanding of how to best care for their mind and body in every situation.

Her approach is grounded in knowledge of **musculoskeletal alignment** and the much-lesser-known, **fascial system**. In medical terms, fascia is connective tissue beneath the skin that attaches, encloses, and separates muscles and other internal organs; this system endows the body with a functional structure that enables all body systems to operate in an integrated manner.

In lay terms, human bodies are amazing. They are going to adapt - to find a way to be upright and move forward, no matter what. But this has a downside. When something goes wrong in our body and we ignore or mask our body's warning signal (pain), **our body finds a way to work by creating a compensation pattern.**

This means that the set of muscles that is supposed to be doing a job isn't doing any work, and another set of muscles is working harder to fill that function. To support that overcompensation, fascia stiffens and becomes more restrictive. The result - you end up with **a body that feels like it's in a plaster cast rather than one that moves in all the ways it was designed to.**

Marcia teaches people how to **proactively manage the physical rigors** of #StayHome and how to mitigate problems like **forward-head-position, carpal tunnel, and chronic head/neck/back pain**. Marcia's programs give you a toolkit of physiological techniques that help relieve stress and anxiety, and cultivate awareness of when you should apply those tools.

# Capabilities

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After a brief consultation, Marcia will develop a custom program that suits your team and their needs. Work/life situations are evolving daily and her programs are designed to meet those evolving needs, so your team not only survives, but thrives - as they work from home and as they go back to the office. Below are a few examples of topics and techniques that programs may entail:

Fascial release techniques you can use on yourself to manage hand/arm/back/neck issues common with increased technology usage

Cranial sacral therapy and breathing techniques you can use on yourself to mitigate stress/anxiety, insomnia, sinus pressure/headaches, and jaw clenching (TMJ)

Teaching your brain how to cue the right muscles that will support you in a healthy, organized way to prevent pain, strengthen your muscles, and help mitigate vocal exhaustion

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## Pricing is simple and straightforward.

Minimum of 8 weeks

Each week is billed at a flat rate of \$100 per session

Sessions range from 15-60 minutes, depending on what works best for your schedule

Maximum of 9 people per session

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Each package is designed and customized specific to your team's needs. If your needs do not fit the above, alternate packages can be designed. Marcia has experience presenting virtually to audiences of up to 5,000.

*Client references available upon request.*



### About Marcia Polas

Marcia Polas is realignment specialist, somatic practitioner, and movement consultant who studies bodies at work. Her clients learn to reverse existing and prevent future repetitive pattern damage due to their day-to-day activities, and strengthen their bodies so they can effortlessly go about their jobs, without pain. She believes in giving her occupational athletes the tools to care for themselves and thrive. The world's best in their given professions - from Broadway actors, Billboard performers, top chefs, and award-winning bartenders, to water engineers, capital management teams, and attorneys - trust Marcia to coach them on how to operate at an even higher level. Although she is currently self-isolating in NYC, she has been teaching virtually and in person worldwide for over 15 years.

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