



Click pause.

Reset. Realign. Think with clarity.



JARROUSSE

Luxury is not what you see, it's what you feel.

You look fine.

But something feels off.

A constant pressure.

A body holding tension.

A mind that never fully slows down.



The truth

It's not just stress.
It's misalignment.

When the body loses
its internal balance,
everything becomes heavier.

Moving.

Breathing.

Thinking.

Deciding.



The method

The Jarrousse Method.

A high-end neuro-postural alignment
developed over 25 years.

Designed for individuals
under physical strain and
mental pressure.

Seeking mobility,
clarity,
stability,
inner power.

REALIGNMENT

Restoring alignment.

NERVOUS SYSTEM REGULATION

Resetting the system.

POSTURE INTELLIGENCE

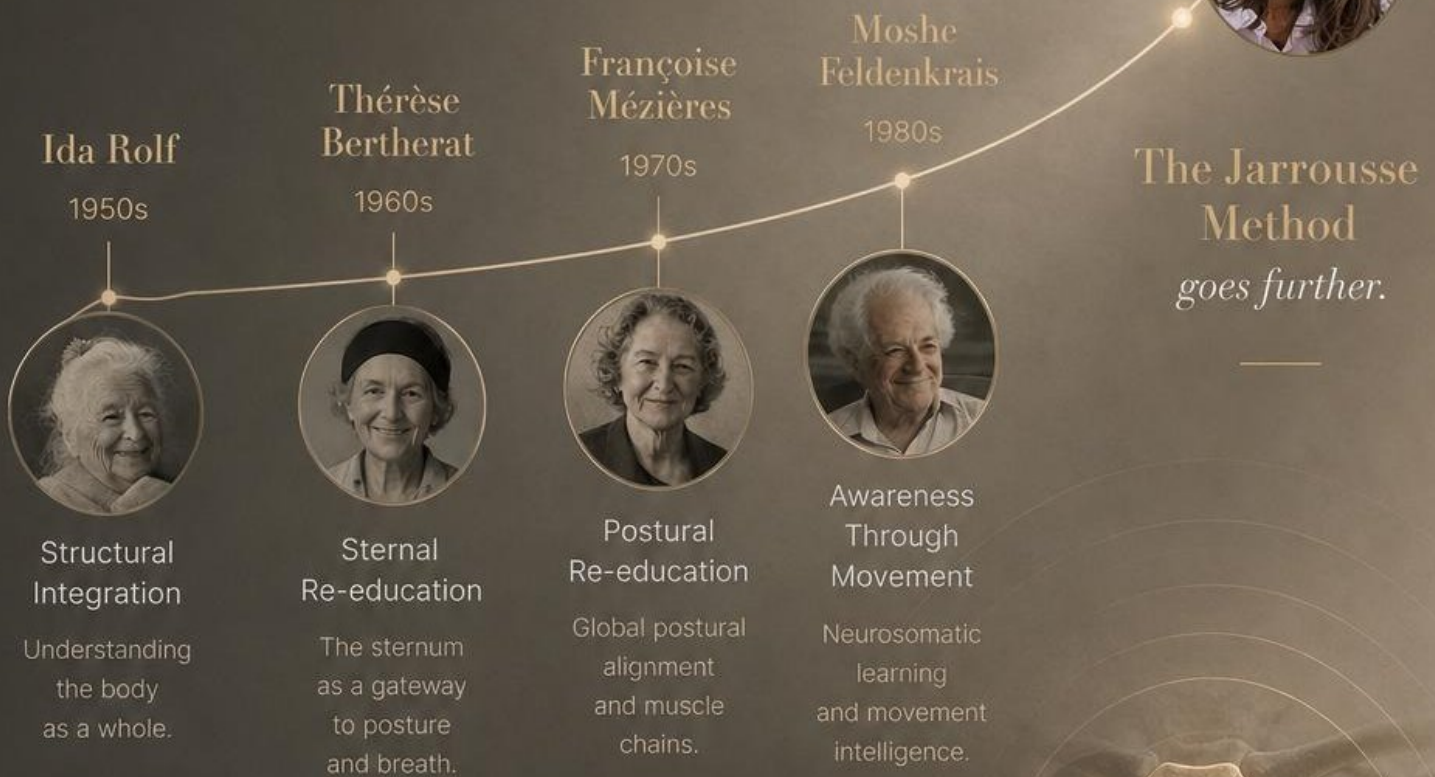
Refining awareness.



Heritage

Inspired by pioneers
who redefined the intelligence of the body.

**Natacha
Jarrousse**
2010–Present



Integrating posture, cognition,
metabolism and nervous system regulation

through one central point:

the sternum.

Functional Assessment

Clarity comes first.

A precise evaluation of what your body has been compensating for.

Stress.

Posture.

Breathing.

Recovery.

Cognitive load.

Your personal scoring becomes the starting point.

A proprietary system guiding your realignment.



Realignment Session

Then comes the reset.

A precise, hands-on guided session
combining manual therapy
and neuro-postural techniques.

Releasing chronic compensation patterns.
Regulating the nervous system.

You remain fully clothed.
Eyes closed.
Comfortably supported.

Breathing opens.

The nervous system downshifts.

Mental clarity returns.

The body reorganises.



Sternal Yoga

Transformation only lasts
when it is integrated.

Sternal Yoga is the continuation.

A guided mat session using movement,
breathing and attention
to stabilise the gains over time.



Weekly practice.
Each session is different.



Online or on-site.
Guided. Personal. Effective.



Durable alignment.
Integrated into daily life.

Beyond alignment.

Towards awakening.

- ☀ The awakening of intuition.
- ☀ The awakening of awareness.
- ☀ The awakening of your true potential.



After

After the experience,
something shifts.

Not just in the body.
In perception.

- A deep internal calm
- A lighter body
- A clearer mind
- A stronger sense of self
- The ability to set boundaries
- The freedom to slow down — or act

YOU DON'T JUST
FEEL BETTER,

YOU FEEL

ALIGNED.



What clients feel

“

I felt an
immediate shift.”

“

For the first time,
I could truly breathe.”

“

I found something
I didn't know
I had lost.”

Real clients, real experiences.

YOU DON'T LEAVE
THE SAME WAY YOU CAME.



Results

Real change.
Measurable. Lasting.



Postural alignment
Restored balance and
structural harmony.



Improved breathing
Deeper, more efficient,
more natural.



Mental clarity
Sharper focus,
reduced mental load.



Emotional balance
Greater resilience,
less reactivity.



Increased mobility
Fluid movement,
without tension.



Sustainable energy
Steady vitality,
all day long.

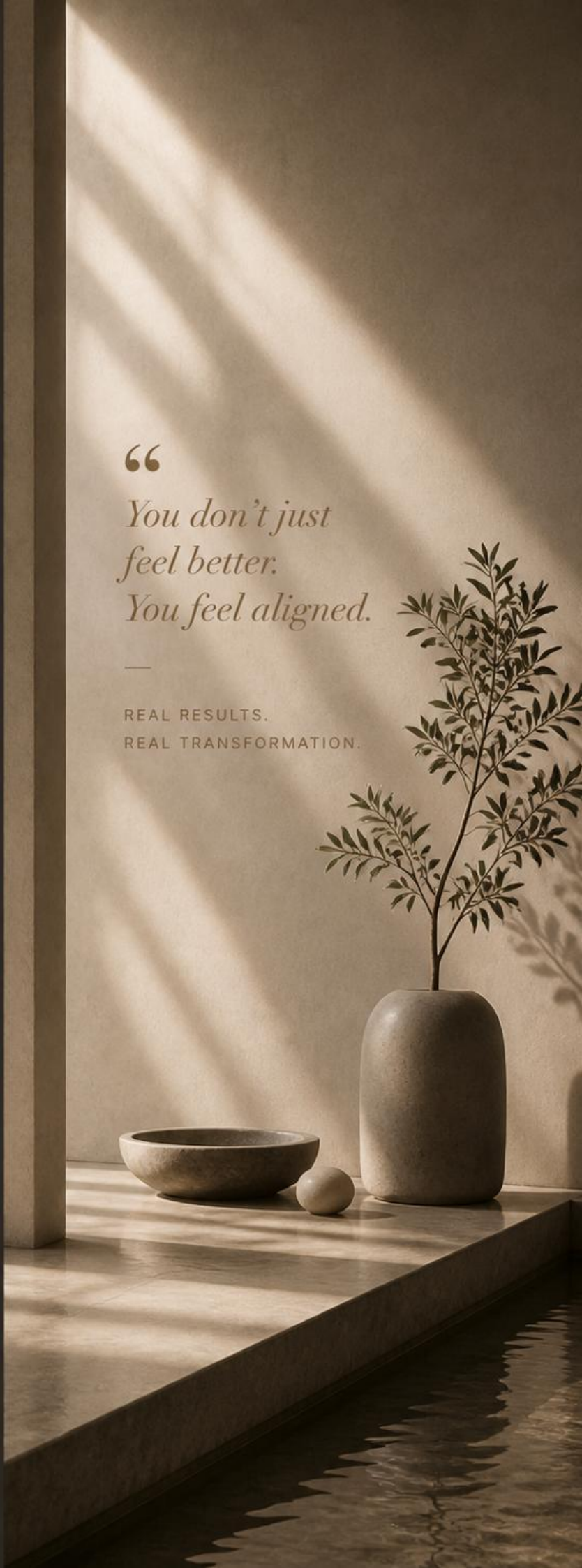
Signature:
Measured. Felt. Integrated.



“

*You don't just
feel better.
You feel aligned.*

—
REAL RESULTS.
REAL TRANSFORMATION.



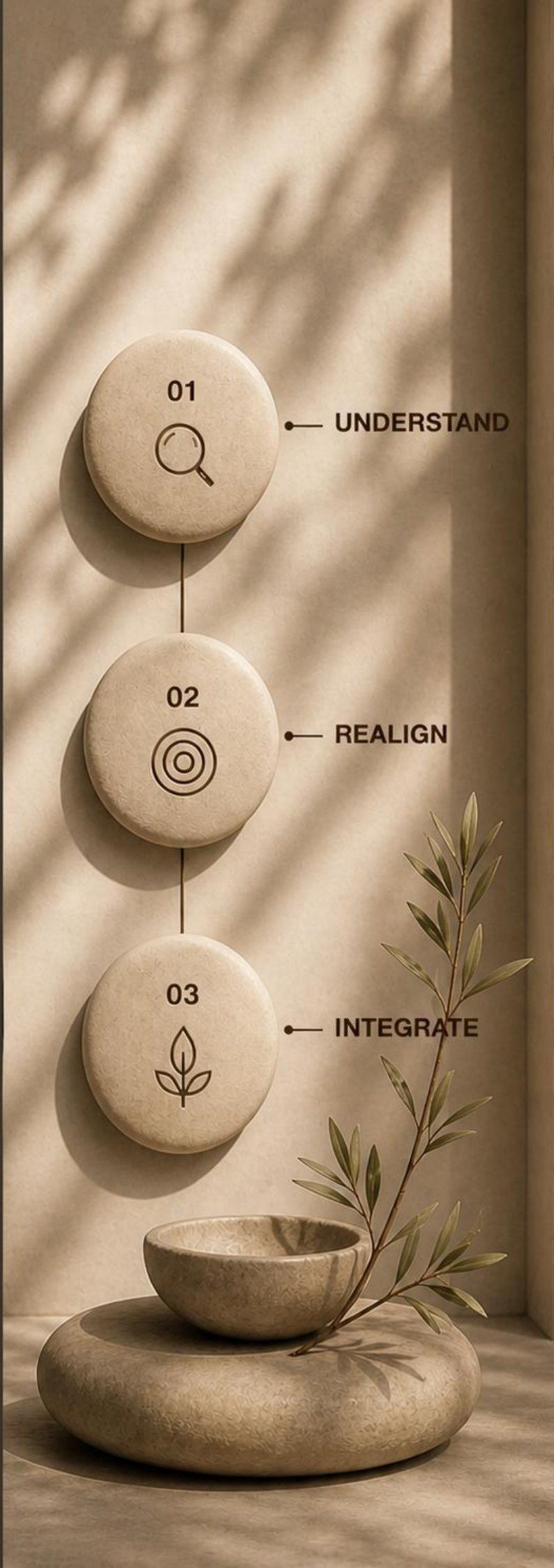
The Path

A structured transformation.

- 01 **FA — Functional Assessment**
Precision insight.
- 02 **RS — Realignment Session**
Deep reset.
- 03 **SY — Sternal Yoga**
Long-term integration.

THE JOURNEY

From assessment to integration, each step builds on the last to create lasting change.



Offers

Ways to begin.

FA

Functional Assessment €110

Starting point.

RS

Realignment Session

Signature intervention.

Check-up €290

Follow-up €250

SY

Sternal Yoga

Weekly integration.

Monthly €90 / month

10-month commitment €780
(instead of €900)

Functional Assessment duration: 60 min.

Realignment Session duration: 60–90 min.

Tailored to your needs.

II



Signature.

This is where it began.

After a 7-meter fall onto rock,
with my life hanging by a thread,
I spent 17 days in a coma.
When I woke up, I was told I might
never walk again.

That moment changed everything.
My body became my own laboratory.
I tested, questioned, observed.
And one gesture reawakened
the movement in my legs:
a gesture of sternal unlock.

I refused the diagnosis.
I chose to understand, to heal,
to move again.

Then came the next step:
to care for others.
And finally, to transmit.

Today, I founded the **Jarrousse Method Institute**
to share a precise, integrative approach
that blends posture, nervous system
regulation and functional anatomy.
A method we are now **objectifying**
and making **scalable**.

THE BODY IS NOT SOMETHING
TO FIX.

*It is something to listen to,
align, and reveal.*



Contact.

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Scan to connect

Let's start a conversation.



Click pause.

Reset. Realign. Think with clarity.



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