



Books:

Basic Anatomy

- Trail guide to the body 6th Edition by Andrew Biel
<http://b.link/TrailGuide>
- Trail guide for movement 2nd Edition by Andrew Biel
<http://b.link/TrailGuideMovement>
- Anatomy Trains 4th ed by Tom Myers (required for Level 2 as of 2021)
<http://b.link/AT4e>
- Jobs Body by Deane Juhan
<http://budurl.me/JobsBody1>

Fascia

- Fascia: The Tensional Network of the Human Body by Robert Schleip, PhD, Peter Huijing, PhD and Thomas Findley, MD, PhD
<http://budurl.me/2-FasciaBySchleip>
- Fascia, Sport Movement by Robert Schleip, PhD
<http://b.link/Fascia-Sport-Movement>
- Fascia, Function, Medical Applications by David Lesondak and Angeli Maun Akey
<http://b.link/ffma>
- Fascia: what it is and why it matters by David Lesondak
<http://budurl.me/Fascia-Lesondak>
- Yoga, Anatomy, Movement by Joanne Avison
<http://b.link/Yoga-Anatomy-Movement>
- Functional Atlas of the Human Fascial System by Carla Stecco
<http://b.link/AtlasHumanFascia>
- Architecture of Human Living Fascia by Jean-Claude Guimberteau and Colin Armstrong
<http://b.link/ArchitectureLivingFascia>

Science

- Science of Flexibility by Michael Alter
<http://b.link/ScienceOfFlexibility>
- Biology of Belief by Bruce Lipton
<http://b.link/BioOfBelief>

Energy Medicine

- Energy Medicine 2nd edition by James Oschma
<http://b.link/EnergyMed2>
- Energy Medicine in Therapeutics and Human Performance by James Oschman
<http://b.link/EnergyMed-Performance>
- The Body Electric by Robert Becker
<http://b.link/BodyElectric>
- Earthing by Clinton Ober, Stephen T. Sinatra, Martin Zucker, James L. Oschman
<http://b.link/Earthing>
- Molecules of Emotion by Candice Pert
<http://b.link/MoleculesOfEmotion>

Emotional & Physical Healing

- Your Body Keeps the Score by Bessel van der Kolk
<http://b.link/BodyKeepsScore>
- Your Body Speaks Your Mind by Deb Shapiro
<http://b.link/BodySpeaksMind>

Help for Healers

- Essential Guide for Healers by Caroline Myss <http://b.link/GuideForHealers>
- Empaths Survival Guide by Judith Orloff
<http://b.link/EmpathGuide>
- Thriving Empaths Self care by Judith Orloff
<http://b.link/ThrivingEmpath>

Self-Care: Foam Rolling/ balls

- Melt Method by Sue Hitzman
<http://b.link/MELTmethod>
- MELT Performance by Sue Hitzman
<http://b.link/MELTperformance>

Sleep

- Why We Sleep by Mathew Walker
<http://b.link/SleepScience>
- Sleep Smarter by Shawn Stevenson
<http://b.link/SleepSmarter>
- The Sleep Solution
<https://stretchtowin.configio.com/go/sleepsolution>

Psychology /Communication

- Mindset by Carol DeWick
<http://b.link/Mindset-book>
- Emotional Intelligence by Travis Bradberry and Jean Greaves
<http://b.link/Emotional-Intelligence>
- Crucial Conversations by Kerry Patterson, Joseph Grenny, Ron McMillan, Al Switzler
<http://b.link/CrucialConversations>
- Power vs Force by David R. Hawkins
<http://b.link/PowerVsForce>
- Dare to Lead by Brené Brown
<http://b.link/DareToLead>
- Ethics of Touch by Ben E. Benjamin, Cherie Sohnen-Moe
<http://b.link/EthicsOfTouch>

Spiritual

- 365 Tao by Deng Ming-Dao
<http://b.link/365Tao-book>

Self Improvement

- Limitless by Jim Kwik
<http://b.link/YouAreLimitless>
- Atomic Habits by James Clear
<http://b.link/AtomicHabits>

Tools

- Melt Method- Roller
<http://b.link/MELTroller>
- Small balls
<http://b.link/MELTballs>
- Trigger Point tools
<https://triggerpoint.implus.com/>
- Thera-Cane
<http://b.link/TheraCane>
- Brainwave training and music
<https://www.brainsync.com/>

Supplements

- Proze- CBD products
[Use](#) this code for 15% off: stretchowin
Contact Betty to inquire/enroll in the Ambassador program to sell products: betty@proze.com
- Enlyten
<http://enlyten.com/>
- Electrolytes
<https://www.kt-solutions.com/>
- Resync
<https://resyncproducts.com/>
- Brain Health Daniel Amen
<https://brainmd.com/>

Tables & Straps

- Comfort Craft- FST 600 electric tables exclusive for FST

<https://comfortcraft.com/index.php/model-600/>

- **Comfort Craft straps** <https://comfortcraft.com/index.php/stretching-pads/>
- **Oakworks Tables** (may not give a discount as they are priced well, but mention STWI just in case) - <https://www.massagetables.com/>
Tables used at our workshops: Catalog # 40504, Nova Table, 31 W, 22-30 Ht, 73 L TOrchid AC, Serial # NVR677213
- **Oakworks Straps** - <https://www.amazon.com/Oakworks-Stabilization-Strap/dp/B009KZNS6O/?tag=stretchtowin-20>
31" table: Min length is 39" - Max length 54" from bottom rail clips
32" table: 38" - 53"
33" table: 37" - 52"
For every inch larger on table width, subtract an inch for min length – max length
- **STWI Straps** - Canadian shipments contact: lisa@stretchtowin.com
International shipments contact: STWinstitute@stretchtowin.com
U.S. shipments:
<https://stretchtowin.configio.com/pd/36?code=n3qil8McHv>

Business

- **Insurance**

Here are a few insurance companies you may contact*:

[Alternative Balance \(U.S.A. only\)](#)

[Hands On Trade Association \(U.S.A. only\)](#)

[Massage Magazine Plus](#)

[American Professional](#)

[NACAMS \(National Association for Complementary and Alternative Medicines\)](#)

[Healthcare Providers Service Organization](#)

[Healing Touch Professional Association](#)

Check with your associations as well; they may cover assisted stretching and FST.

If you are transitioning careers into FST and will be self employed: You may need a scope of practice which may be obtained with a personal training certificate (depending on the country / state / province practicing within) in

order to obtain personal liability insurance. Check with local insurance carriers.

*We do not endorse, nor are associated with any of these companies.

- **Promotional products**
<https://www.stowebridge.com/>