

How MNRI® Changed My Life

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My name is Boutaina Rosen and I am a Core Specialist in the MNRI® method. Before meeting Dr. Masgutova, I had already specialized in providing therapy for children with special needs using the Feldenkrais and Anat Baniel Method with great results. Then I heard about her different approach and decided to learn more about it.

In 2007, I walked into her class and sat listening to and observing this laser-focused, dedicated woman give her presentation. She obviously lived and breathed her work. Her presentation was clear, seemed accurate, and factual, and her explanations were undeniably true. I also realized that the anxiety I was experiencing was a direct result of my non-matured and integrated reflexes.

I started implementing her method in my private practice at Body Acumen with my clients and began seeing great results.

One day, I saw a new child and decided to use only MNRI®. From that one session this child went from speaking a single word at the time into multiple word sentences. I was very impressed and began seeing children as not being inattentive (ADD), or lost in their own world (autism), or hyperactive (ADHD) but just children who had non-matured or integrated reflexes... children full of potential. After this experience I started using her method exclusively.

Upon seeing the amazing results for my patients, I knew that this could help me, that her method was the KEY to my inner peace! So I signed myself up for an eleven day conference at the MNRI® headquarters in Poland in November of 2012.

I got there and went through the eleven days of therapy—six hours a day of the MNRI® modalities: Oral-Facial, Neurostructural, Reflex Repatterning, Proprioceptive, Archetype, and Tactile integration reflexes. Dr. Masgutova worked on me with the same care she gives all special needs clients.

Because part of MNRI® work is setting goals for the clients, I had made a video of myself setting my goals prior to the conference.

After the eleven days I felt good and went home to Morocco to continue recovery from an earlier surgery. But, although there were some subtle changes, I did not feel the 'WOW' I had expected from the MNRI® conference. I stayed in Morocco for six months then went back to the US to resume my work. It was THEN I felt like a completely different person—the 'WOW' happened! Only when I resumed my previous life and schedule, did I realize how I had changed and matured in all aspects: emotionally, cognitively, better judgment, was much



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Boutaina working with a child.

more grounded, had inner control—finally I was anxiety free!

I made a second video to assess the goals that I had set for myself and realized that I had met them all! It was quite amazing to watch the first video. Everything was different!

My life was changed forever and I am so grateful!

This experience has given me inner peace and stability. I am better at my work, a better friend. I can set boundaries and even my personal relationships have improved tremendously.

I am also a big fan of Dr. Masgutova. She brings a huge gift to this world and is so dedicated to helping people heal physically and emotionally. It is her life's work and legacy and I work with her in her conferences proudly.

I know that this may be just a story for you to read but it was a gift that truly changed my life forever and it can also happen to you or anyone else!



Thank you for sharing your story of winning over pain and challenges; thank you for your warm words, dedication, and great desire for deep knowledge and your genuine, heartfelt care for children and parents. Thank you also for your engaging questions, trust, and choice to be with us and to grow together. —Svetlana Masgutova