

# ALL SYSTEMS GO!

Body Technic Systems | Spring 2023 | \*

From Body Technic Systems Inc., an Integrative Physical Therapy and Fitness Center located in Solon, Ohio.

Here at BTS, we strive to get you to full functional activity through holistic and individually-based care.

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## Inside This Edition

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Astrology: Understanding the celestial bodies to better know your own!

The Healing Power of Movement: How staying active has healed

Upcoming Programs and More!

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# A Word from the Owner...

Spring is finally here and it is time to shake off the cobwebs and get moving again! With all of the big distractions from our phones, televisions, news media and more it's never been a better time to break away from these diversions and reclaim our health and wellness.

The value of keeping fit and healthy is paramount and is so important. It is one of the main reasons why the practice was founded in the first place and the principle of staying strong, preventing injury and most importantly, staying healthy, is to keep moving!

Oftentimes our acute injuries can happen when we ignore our bodies' cries to stay active. Those acute issues can quickly become chronic before you know it and the best way to prevent these injuries from throwing our bodies out of whack is to keep strong, stay active and remember to stay moving.

Often times these problems can manifest from an imbalance or situation going on within the body. The key to fixing these imbalances is to focus on the root cause of them rather than the symptoms manifesting. To not address the cause is to avoid the issue from the get go and when the cause is identified it's 'ready-aim-fire!'

If you're as ready as we are at BTS to correct the imbalances, shed the distractions and meet the challenges of health head-on, there is no time like the spring to get moving!



SUNDAY HOMITZ  
LICENSED P.T.,  
MOVEMENT TRAINING  
SPECIALIST AND  
FOUNDER OF BODY  
TECHNIC SYSTEMS, INC.

# Upcoming Programs

This coming year, BTS has a host of educational programs planned to educate you on the means and methods of keeping yourself mobile.

There will be a short Question and Answer portion after each session.

## Shoulder Series:

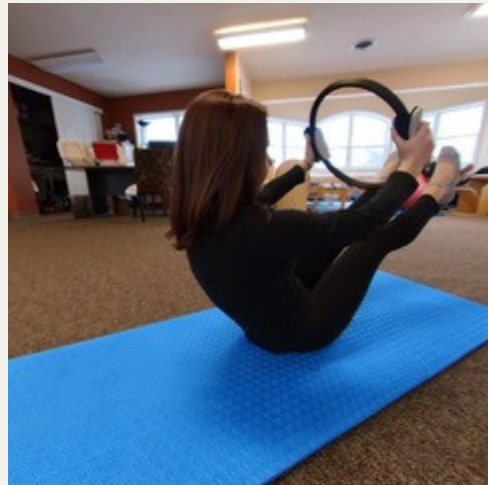
Friday May 5: 6:30 p.m. – 9:30 p.m.,  
Saturday May 6: 9:30 a.m. - 1 p.m.

## BetATherm Mobile

Thermography will be on location at BTS on August 17. For scheduling contact Betsy Angus at [betathermography@gmail.com](mailto:betathermography@gmail.com)

## Lower Back & Hip:

Friday July 7: 6:30 p.m. – 9:30 p.m.,  
Saturday July 8: 9:30 a.m. - 1 p.m.



## Head, Neck Jaw:

Friday September 8: 6:30 p.m. – 9:30 p.m.,  
Saturday September 9: 9:30 a.m. - 1 p.m.

## Foot & Ankle Lecture:

Friday November 3: 6:30 p.m. - 9 p.m.,  
Saturday November 4: 9:30 a.m. - 1 p.m.



# Healing the Body and Mind: The Secrets of Astrology



By Jeff Skinner

At Body Technic Systems, the principles of movement define the rehabilitation of the body. However, over the course of our day-to-day lives we often are exposed to or experiencing things that may have a larger impact on our minds and subsequently our bodies than we may realize.

Throughout history, the study of the celestial bodies and their impact on us has defined the foundations of health and wellness. More recently, the study of those celestial bodies through astrology can help us better understand ourselves and how to best guide us forward on a positive path. Astrology consultant and educator Angie Agnoni uses this ancient art form to help others put their best foot forward.

"I began studying astrology in 2009," Agnoni said. "I enrolled in the International Academy of Astrology in 2012. We are all familiar with Astronomy, but astrology is the observance of those planetary bodies and the effect they have here on planet earth. At one point they were one science, but over time they have been broken up into two different entities."

According to Agnoni, the study of Astrology has evolved a great deal since the days of the early philosophers. Using modern technology, astrologers can pull up the planetary locations on their phone to help guide readers to see what may benefit people the most. Though the methodology has become more convenient, the benefits of this knowledge have never been more needed.



## Spring Health Facts:

The first day of spring is called the vernal equinox, and is one of two moments in the year when the Sun is exactly above the Equator and day and night are of equal length

“People can use astrology for financial means, medical means or even [for] the soul,” Agnoni said. “Maybe there is a place on earth you feel drawn to or if you were to become sick or ill there may be a better place on the planet where you would thrive.”

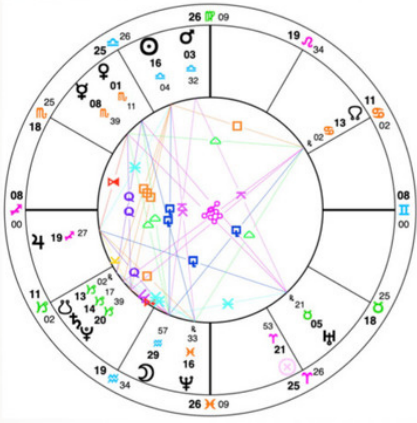
According to Agnoni, astrology can give you a better sense of the essence to a person, finding what motivates them and drives their behavior. Many can use to help them towards a more prosperous life. In medical astrology, those born under signs of fire and air may find themselves constantly on the go and needing to move fast, often forgetting to ground themselves. Through looking at an ephemeris, a tool of astrologers, the time and date of one’s birth can be associated with the locations of certain planets which would reveal a great deal about that person, including how best to treat the mind and spirit.

“You can read it like a code,” Agnoni said. “How the planets interact with each other in the sky, the mathematical distance they are from each other. I think we are growing now into a new paradigm and age and we are seeing how this mind, body and spirit connection can sometimes stem from forces outside us. There can be a disease somewhere in our physical body and if we can address it at the root cause in the emotional body, then the rest can be worked out..”

According to Agnoni, astrology is as much of an art as it is a science and every astrologer does things a little different. To learn more about this science and how to unlock the paradox that is you, check out Agnoni’s website at <https://www.paradoxastrology.com>.



Angie Agnoni is currently accepting appointments for readings which can be scheduled through her website. For more information email [paradoxastrology@protonmail.com](mailto:paradoxastrology@protonmail.com)





# THE POWER OF MOVEMENT

By Jeff Skinner



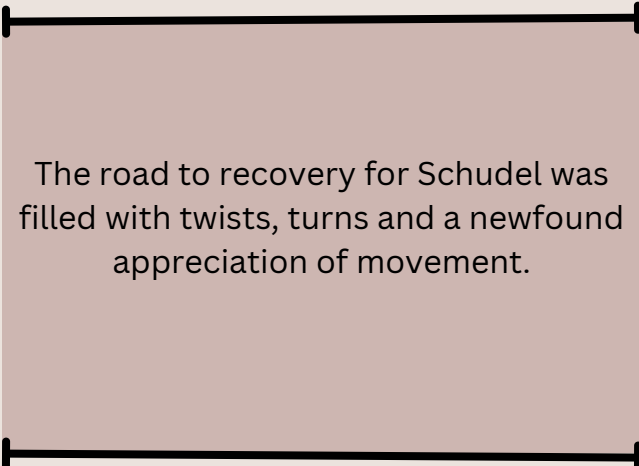

Chronic pain can be a debilitating issue. Some may know the origin of their ailments while others can't seem to recall life before their issues. For Gary Schudel, the origin came from his interest in motorcycles and the cure came from Body Technic Systems' unique rehabilitation.

In 1999 Michael Jordan was announcing his second NBA retirement, The Matrix was premiering in theaters and Gary Schudel was enjoying a leisurely ride on his motorcycle when a driver lost control of his truck and nearly ran him over. Luckily, Gary was able to drop his bike to the road and slid himself out of peril's path, but not without some nagging reminders.

"I missed being run over by that truck by a split second," Schudel said. "I had laid the motorcycle down to avoid being run over, receiving nerve damage in my shoulder and what is humorously called road rash. I had some chronic pain from that for a while and got out of chronic pain due to the stuff that [Sunday] did."

While the accident could have been far worse, it did leave Schudel with a broken finger and multiple sprains and nerve issues in his shoulder.

"I knew Sunday before all of this, I knew she did a lot of different things," Schudel said. "I knew [recovery] would be whatever she came up with. She has a lot of different tools in her toolkit so to speak."



The road to recovery for Schudel was filled with twists, turns and a newfound appreciation of movement.



For Schudel, relief wasn't felt quickly. Relief was a process. The principles of Body Technic Systems are rooted in movement and education and that is what defined Gary's journey. Gary became an instructor, focusing on mat and machines. His initial involvement was rooted in his ability to thwart his chronic pain, he quickly discovered a love for the process which he imparted to others.

"It was obvious in the course of the training that this was working for me," Schudel said. "I wasn't doing it to become an instructor but after it became evident it was working for me I took the idea of becoming an instructor more intentionally. I just naturally flowed into becoming an instructor from the healing I received in the course. Sunday had suggested I enroll in it."

Now a fully-fledged instructor, Schudel was sent to Bermuda to lead a course on mat work and talk to others on what was known at the time as Gyrotonic Expansion System™. Though he no longer is an instructor with Body Technic Systems, Schudel has taken the lessons he has learned to heart and has not forgotten the importance of movement.

"A lasting benefit of Sunday's PT was learning of modalities that I'd never known about before," Schudel said. "Pilates was not widely known when [Sunday] brought it to Cleveland Clinic in the 1990's. I learned about trigger point therapy which was not mainstream then and have used it for self-treatment since. The idea is to keep moving and now instead of a dining room table I have a Gyrotonic™ Pulley Tower."

Schudel's recovery and continued health is a testament to the principles that define Body Technic Systems and the power of movement to keep people out of chronic pain.

## Health Facts for Clean Living:

Spring cleaning can be a great opportunity to clear out dust, dust mites, pet dander and several other allergens that cause congestion, colds, flu and trigger allergies.

# All Systems Go! Spring Word Scramble

HQPVMWTC E G Z Y I M O O H N H B J D I D C R E T Q J  
PTJMNDSPRINGFTRHUUEVUSJJFVWAGP  
XNDORMHNIGLHQWHJEHBVTPNNAEZZCO  
NQASTROLOGYOYRGP CNSFDGYSKNUWQD  
YYFLJIXZGBZYMMDOSPUOUOFZSSSWL  
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CDNESPM AHGJVTVQNVLCMYVJQLIBDIQ  
LWCCFBQWLLSEVFQJRP MABBUYQWGTII  
IOEAQAODAMSMBVKYBETIOAOKUAJ MUL  
HBUNRHUOOXDEKEEHQCBKFYRJPUOLDK  
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DEVKXTQM QYATORITXGNTCSWOEFFSCT  
PURCAVUEPRLXHTFGAHAUITYFY NMBXK  
UAFBZOVAUUDRICFBNU PRLFHKTUIDAW  
OXESTMYLPYKNULKOEGRADLPKJNYEQF  
FXEWHXWBMOSRGEKEEPXUPEYRCBNRFU  
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KTHKLDKHKAAVGYXCEXRHXLA OHVUBDO

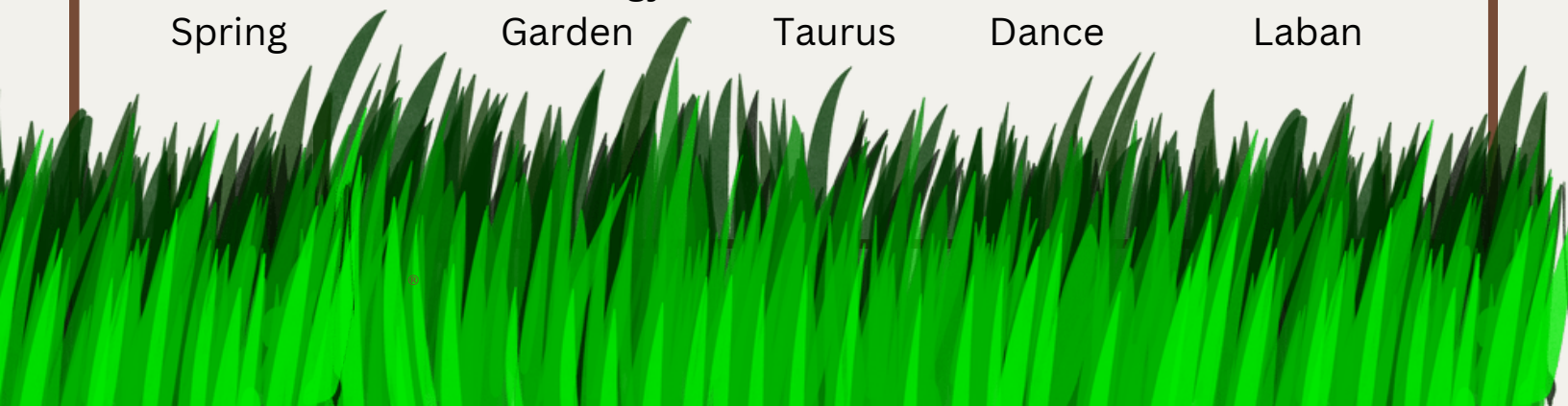
Bartenieff  
Spring

Astrology  
Garden

Movement  
Taurus

Leo  
Dance

Laban





# The Art of Dance

By Jeff Skinner

One of the principles of rehabilitation is movement. Often this involves retraining the body on how to move effectively and behind that effort is an artistry that comes from the interconnected systems within our body. Few understand this connection better than dance instructor and movement specialist Kista Tucker.

Tucker runs and operates Kista Tucker Insights, a dance studio in which she imparts her wisdom honed over years in the industry to the next generation of movement artists. Her specialty lies with Bartenieff Fundamentals, Laban Movement Analysis and the Somatic Schools of movement which made up the foundations of what has been incorporated into Body Technic Systems' work and the art that Tucker currently creates.

"I first met Sunday in a workshop that I taught in Youngstown, Ohio," Tucker said. "From our conversations I noticed she was a physical therapist and she had a lot on the ball with that so I entertained her ideas more during the workshops and eventually asked if she would be in the faculty where she taught for many years."

A large part of the work Tucker did in those early days was focused on answering the fundamental question of 'what is dance,' a subjective analysis of the interconnected systems of movements. These systems are things we all partake in on a daily basis, but may not recognize.

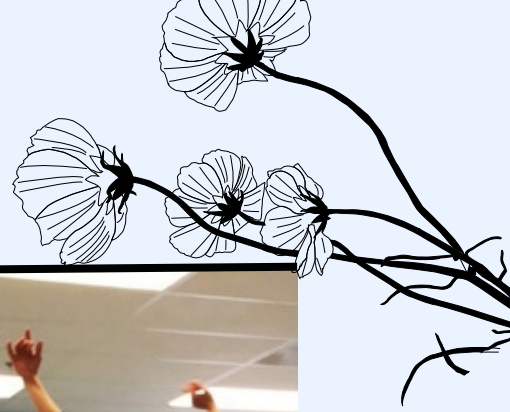
"I don't know if anyone knows the answer to that 100 percent," Tucker said. "It is what you make of it and it has a personal sensitivity and relationship to life. You are a conduit to a larger world, we communicate through movement."

Throughout their time together, Tucker and Sunday learned from each other, developing many of the foundations and strategies of movement that would define both of their work for the future. With Tucker's knowledge base in ballet, much of the takeaway from her experience working with Sunday was focused on keeping the body continuing to work without injury as she searched for the hidden meanings of movement.

"I think it was really about how we integrated our thoughts and saw how they cross-fed each other," Tucker said. "I think her movement helped me because as a physical therapist, it gave me a quantified stepping stone so what I was saying was legitimate. I didn't have that degree so it helped me say 'Ok, I am on the right track with what I was teaching'."



Tucker's experimental short films have won several awards at independent film festivals



According to Tucker, the work she did in dance also helped inform the future of how BTS emphasized the interconnectedness of the body and the importance of moving multiple parts.

“We integrated our knowledge base and found a richness to enhance movement and to connect and communicate more with our audience and community,” Tucker said.

Today, Tucker has taken her artistry to the next level, creating a film short which she has entered into and won multiple festival awards including the Golden Leaf International Film Festival award for experimental short film. The film, Tales from Dapple Creek, is an experimental short which she is currently working on expanding into a larger format. The short tells several dramatic stories communicated through movement.

To learn more about the current projects Tucker is working on or her movement institute, interested parties can check out her website at <https://www.kistatuckerinsights.org>.



Kista Tucker Insights puts on a number of events and is frequently holding rehearsals. Check their website for more details.



## Spring Health Facts:

Outdoor exercise can help lower your blood pressure and heart rate.

# TESTIMONIALS

Body Technic Systems is where art and science live together in comfort and harmony. Just as director Sunday Homitz is a physical therapist, a leader in somatic education, as well as a professional dancer, so Body Technic Systems reflects that wonderful integration. You won't find sloppy instructions, or dry medical talk, but instead a place where humor, creativity, accuracy and excellence are woven into the day to day operation. Cleveland is very lucky indeed to have a place where cutting edge information on movement and fitness is available. - Kimberly McKeever

Almost 20 yrs ago I developed Fibromyalgia . I did not want to take medications. Sunday was able to help me through strength and stretching techniques. She continues to be on the forefront of the Physical Therapy and movement therapy. I would recommend her to anyone" - Melinda Smith

Before attending Body Technic Systems, my high school running career revolved around tendinitis, stress fractures, and a loss of hope. I visited several doctors with no solutions. With the help of Sunday Homitz and other incredibly knowledgeable instructors at Body Technic Systems, we instantly targeted the problem. My running performance has improved along with my body's well being. I am grateful for having the opportunity to run collegiately. Thank you Body Technic Systems! - Nathan Tarach

"Sunday Homitz and her staff are well qualified to help you with all of your physical therapy needs. They have a wealth of knowledge and experience and I highly recommend them." - Dr. Nick Parasson, N.D.

"I had an amazing time with Sunday. She is very knowledgeable, helpful and friendly. I've heard of others referring to Body Technic Systems as a place were miraculous recoveries and healing takes place. I will definitely be coming back. Thank you very much, I felt great after I left your office ." - Richard Scheufler

