



meridian touch™  
**SPORTS YOGA**

## TESTIMONIALS

CREATED BY DARRYL AIKEN-AFAM,  
MERIDIAN TOUCH™ SPORTS YOGA

is an effortless form of movement [exercise] that helps to make an athlete complete. It's the missing element that fills in the gaps for greater performance, faster healing and recovery, and a more relaxed mind and body.



Since the addition of Darryl and his Meridian Touch Holistic Fitness team training to my off-season regimen, I have felt **more energy, flexibility, endurance, and overall increased levels of self-confidence**. Now I know that I am ready for both spring training and the entire season!

**Curtis Granderson**

*Professional Baseball Player, Center Fielder, 3 Time MLB All-Star*



As an athlete, I think having an awareness of how your body works is a key to success. Understanding your strengths, weaknesses and idiosyncrasies can help unlock challenges that might be in your way of achieving optimal movement and peak performance. Meridian Touch Yoga is one way to develop that awareness because it requires that you, not only stretch with attention, but asks that you seek out the right spots to trigger **relaxation and recovery on a deeper level**. It takes motivation and patience to get into the right positions and to take the time to let your body relax and to reap the benefits. Because it is often easy to overlook the benefits of taking the time to relax and stretch, the techniques learned in Meridian Touch yoga **can offer you the tools to take a new approach to recovery and relaxation so that you recover better, prevent injuries and reduce stress**.

**Haley Johnson**

*2010 US Biathlon Olympic Team,  
comeskiwithme.blogspot.com, biathlon.teamusa.org*

**The techniques learned... can offer you the tools to take a new approach to recovery & relaxation so that you recover better, prevent injuries & reduce stress.**



## Work with Darryl and master Meridian Touch, because it will take you a long way.

If I could use one word to describe Meridian Touch, I would say *Amazing*. Before being introduced to Meridian Touch I suffered from chronic patella tendinitis. My tendinitis at one point had become so acute that I was unable to participate in running workouts during our Winter Workouts. My knees had become so tender that it even hurt walking up a flight of stairs. This really worried me because as a Cornerback, being able to plant and break is of great importance. As a CB, it is tough to play on the edge if unable to get out of break. Even though I was still affected, I would eventually return to action. My knees still badly ached, and my play suffered as a result. Being introduced to Darryl and Meridian Touch was the best thing ever for my recovery. Darryl showed me how to use tennis balls to access my meridian points. By using tennis balls to access these various points, it took a significant amount of pressure off of my knees. Darryl not only showed me a variety of beneficial stretches, but also introduced me to Moxa rolls and a variety of liniments, which in conjunction with the stretches did wonders to my knees as I was able to **re-gain full strength**. With my knees strengthened from Meridian Touch therapy, I was able to make a **significant impact** on this year's Alamo Bowl squad, as I had my best season. I really thank Darryl for his commitment in teaching me the ways of Meridian Touch. I am such a believer of Meridian Touch, that if I were a coach **I would make it mandatory** for all players. If **I could give one bit of advice to any serious athlete I would tell them to work with Darryl** and master Meridian Touch, because it will take you a long way.

### David Oredugba

*Cornerback, Northwestern University Men's Football*



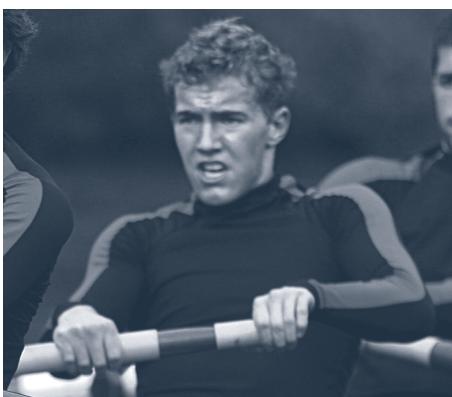
Since the players have been doing Meridian Touch, we've found **the kids have become a lot more flexible and hence a lot less likely for injury**. They have told me that they get a better workout and feel more stretched out. It helps stretch and elongate their leg and back muscles. We're very excited about having Darryl and Meridian Touch on our side!

### Coach Craig Robinson

*Current Head Men's Basketball Coach Oregon State University*

*Former Asst. Head Men's Basketball Coach Northwestern University*

*Big brother to First Lady Michelle Obama*



Conventional athletic wisdom stalwartly reminds us, No pain, no gain! Yet for anyone weary of this arduous old-school mantra, Darryl's Meridian Touch Sports Yoga program offers a refreshingly effortless alternative that...**yields definite results towards enhanced physical performance**...As a rower whose back and joints endure rigorous daily abuse, I have personally experienced relieved spinal tension and increased range of torso and hip movement, not to mention the intrinsic virtue of relaxation during the classes. Our team highly recommends giving Meridian Touch yoga a shot—you won't regret it!

### Matt Miller

*Varsity Crew Oarsman, Northwestern University*



**Now I have the best chance to perform at my fullest potential this season.**

During the third game of the season my sophomore year, a helmet to my knee broke my leg, and tore my MCL and meniscus. And unfortunately, these injuries would be the first of many more to come throughout my career as a college football player. After surgery and a couple months on crutches, the x-ray and MRI machines reported no more broken bones and healed ligaments. However, no piece of equipment could show me the muscle imbalances caused from months of compensating for a weaker leg. As a result, the two seasons following my surgery were plagued with pulled muscles, tendonitis, and a torn hamstring. Not until I started practicing Meridian Touch with Darryl did I start restoring balance in my body. My constant fear of pulling a hamstring during sprints abated, and my degree of soreness after workouts lessened immensely. Meridian Touch does more than increase flexibility and balance though; it also **improves body awareness and reduces stress**. A workout with Darryl is **comfortable and relaxing**, which makes it a nice complement to the intense physical training associated with football. The pressure point techniques he teaches are also a great way to open up your body during class, at work, or at home in front of the TV. I owe a lot to Darryl for introducing me to Meridian Touch. He has helped my body recover from imbalances and injuries, and now I have the best chance to perform at my fullest potential this season.

**Adam Kadela**

*Linebacker, Northwestern University Men's Football*



I had the good fortune to study Meridian Touch with Darryl Aiken-Afam in NYC. The information Darryl imparted and the **feeling of well-being I experienced from the sessions was unforgettable**. As a dancer and choreographer, heading a company about to celebrate its 30th anniversary, I have taken many workshops & done quite a lot of different types of body work. I found Darryl's approach so valuable because it incorporates the practice of offering and receiving from the other participants as part of the learning process. His patience and ability to share his knowledge with clarity is impressive. **He has put together a unique combination of exercise and philosophy.**

**Wendy Osserman**

*Founder of the Wendy Osserman Dance Company, New York City*



At the end of the 2005 season, I was looking for a way to improve flexibility and prevent injury by incorporating yoga into the winter training plan of the men's rowing team. Darryl introduced me to the Meridian Touch philosophy and techniques. After our initial session, I knew I had found a style of yoga that would **perfectly complement a demanding practice** on the ergs and in the weight room. The program that Darryl developed for my crew focused on improving flexibility and breathing, replenishing energy for quicker recovery, fostering mental and emotional relaxation, and treating muscle and tendon issues with a variety of alternative therapies. The team has been participating in Meridian Touch sessions for over three years and the **positive results on the water speak for themselves**. Darryl's attention to the specific movements and body issues related to rowing make him a **unique presence in the sports yoga movement**.

**Aaron Zdawczyk**

*2004-2008 Men's Varsity Rowing Coach, Northwestern University Men's Crew*



Meridian Touch is a great compliment to my martial arts and yoga practice. Perception of ki and meridians is a difficult skill to cultivate, but these exercises really make it accessible. I will never forget the first time I distinctly felt the energy moving along a line in my body. I got up and looked at a meridian chart, and sure enough, the sensation I was feeling matched up exactly with the meridian that the exercise was intended to activate!

Deep relaxation is the other great skill that Meridian Touch teaches. This is something we rarely get enough of these days in our fast-paced, *time is money society*. What people so often fail to realize is that **taking a little time to ourselves to relax, re-energize and revitalize can make us much more efficient with the rest of our time.**

The body is a storehouse of information about our lives, and unlike the mind, the body never lies. Meridian Touch is all about learning to access that information and make use of it to better ourselves and our lives.

### **Jonathan Knipping**

*UIC Doctor of Physical Therapy, 3rd Degree Black Belt Aikido  
Aikido Instructor, Kiku Matsu Dojo, Chicago, IL*



Darryl employed his Meridian Touch philosophy and techniques to help me diagnose and deal with an injury to a muscle in the hip region, prior to my running the 2009 New York City marathon. As a result, **the injury did not bother me at all during the race.** Darryl was also extremely responsive to other pressure points in the body that provided a context for my injury and enabled me to look at the body in a systemic and holistic way. Darryl's knowledge of, and experience in, a number of physical therapy modalities made it possible for him (and me) to be flexible and open to the new information about my musculature and stress points that emerged during our sessions. **I would recommend Darryl to anyone**—athletic or not—looking to understand how their body works, and seeking to alleviate muscular pain throughout the body.

### **Martin Rowe**

*Marathon runner, New York City*



Offensive linemen are asked to put on as much mass as possible while still being able to move athletically and generate a lot of force. This extra mass and the constant pounding of physical play on our bodies really cause a lot of trauma especially to our backs. The more I grew and the more I played also brought about an increase in physical maladies including: back pain, sore calf muscles, tight hamstrings, and loss of flexibility. **Working with Darryl helped all of these problems.** I have continued practicing Meridian Touch and acupressure work for the last three years. My body has responded well and **I feel healthier because of it.** Now, I make a point to carry with me tennis balls to use for pressure point relief. I truly feel that learning and practicing these methods has **improved my athletic abilities as well as my overall physical health.**

### **Adam Crum**

*Offensive Lineman, Northwestern University Men's Football*

**[It] has improved my athletic abilities as well as my overall physical health.**



As a veteran triathlete and marathoner I recognized that the rigors of traditional western training for my events and the grueling nature of the races often left me injured and/or suffering from sub optimal performance on race day. I wanted to balance my training with a yoga practice but unfortunately the typical eastern modalities were not designed for endurance athletes such as myself and the benefits were thus minimal. My work with Darryl and the **Meridian Touch Sports Yoga** practice has proven to be far more rewarding than any other I have tried. The healing aspects of the Chinese 5 Element philosophy combined with Darryl's wisdom and martial arts background have created a very unique alternative and one that I would encourage all athletes, of any age/experience to adopt. The flexibility and openness of the approach was important to me and it made the practice effortless.

**Mitchel Kraskin, 49**

*Age Group Triathlete and Marathoner, New York City*



Meridian Touch has been unlike any other yoga class I've ever taken. Rather than put you in uncomfortable positions that feel like you're tearing every muscle in your body, Darryl's class puts you in a true state of relaxation, which in turn leads to greater flexibility. But don't think you'll be sleeping all of class. Meridian Touch challenges you mentally to relax and to release tension in your body so that you can stretch and revitalize your body. Perhaps more importantly, Meridian Touch teaches you the art of mental relaxation and correct breathing, which only benefits you as a person and as an athlete. Having a teacher like Darryl who takes such a personal interest in your success really makes you excited about yoga – Darryl consistently does everything he can to make your experience a good one. He's helped me find liniments and other treatments for sore backs and muscle pains that would have kept me out of the boat otherwise. I can honestly say that Meridian Touch has been one of the smartest decisions I've made and it is consistently the highlight of my week.

**Sam McAleese**

*Varsity Crew Oarsman, Northwestern University*



After doing Meridian Touch with Darryl, I couldn't believe how great my back felt. After being plagued with problems from competing in strength athletics for years, I never thought that I would be able to train the way I used to again. It only took a few sessions to see that this is a remarkable technique that can restore you back to pre-injury condition without having to partake in surgeries or take all different types of medications that are supposed to heal you. I believe in it so much, I trust Darryl with my athletes' well being and it only takes one session for them to become big believers as well. Thanks so much Darryl!

**Nick Zostautas**

*Current Director of Strength & Conditioning, University of Illinois at Chicago  
Former Asst. Director of Strength & Conditioning, Northwestern University*

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