

Holistic massage therapy.

Massage affects you on all levels. Physically its benefits include relaxing and toning your muscles, assisting the various flow of blood, increasing haemoglobin level, encouraging the lymphatic flow, and stretching the connective tissue.

Holistic massage also affects the energy centres or chakras of the subtle body on a mental level, massage not only relieves stress and anxiety, it also helps you become more conscious of your body as a whole, of the parts you are in touch with and of those that feel cut off. Once you are aware of where your energy blocks lie, you can begin to try and integrate your body, and in developing a more positive self-image, take responsibility for your own health and happiness.

A caring massage creates feeling of well being, trust and joy. It can also release a great deal of energy, hitherto wasted in tension and by transforming chronic habits of acting and reacting, effect a profound change on posture and facial expression. The emotional aspects are also important; massage has a calming balancing effect.

On a spiritual level, the benefits of massage are hard to describe, for we are talking of something that is intrinsically indefinable - the essence, the 'life force', the whole that is more than the sum of its parts. But it is not uncommon during a holistic massage for both giver and receiver to attain a state of heightened awareness, of 'presence in the moment' that is akin to the experience of meditation.

Benefits of massage include:

- Improved circulation by stimulating blood and lymph flow
- Reduced blood pressure
- Boosting the immune system
- Improved digestion and respiratory functions
- Increased levels of the body's production of endorphins and serotonin, which influence our moods
- Well being on all levels.

Briefer summary of effects of massage - massage can help the major systems and in turn all the body systems in their work of homeostasis. By stimulation of blood circulation, assisting lymphatic drainage, increasing oxygen supply to muscle tissue, toning muscles, relaxing muscles, reducing pain. Assist in removing toxins in the body, strengthen the immune system, improve posture, reduce nervous tension, enhance body image and create feelings of wholeness and well being.

Background and Training

Taijiquan. Cheng Man Ching 37 Posture form since 1998, Chi Gong, Broad Sword and Staff Forms.

Previously trained in Ashtanga Yoga, Judo, Reiki Healing, First and Second Degree A.I.R.A.

Qualified in Anatomy and Physiology as related to Massage Therapy, I.T.E.C.
Massage Therapy I.T.E.C.