

enliven massage and wellness

Enliven Massage and Wellness: Your Journey to Total Wellbeing

Are you feeling stressed, tense, or simply worn down by the demands of daily life? Do you crave a sanctuary where you can escape the pressures of modern living and reconnect with your body and mind? Then you've come to the right place. This comprehensive guide dives deep into the world of Enliven Massage and Wellness, exploring the transformative power of massage therapy and holistic wellness practices to help you achieve a state of blissful rejuvenation. We'll uncover the various services offered, the benefits you can expect, and how Enliven can become your trusted partner on your journey to total wellbeing.

Understanding the Enliven Massage and Wellness Philosophy

At Enliven Massage and Wellness, we believe that true wellbeing is a holistic experience encompassing physical, mental, and emotional health. We don't just treat symptoms; we address the root causes of imbalance, helping you cultivate a sustainable path towards lasting wellness. Our philosophy centers around personalized care, tailored to your unique needs and preferences. We utilize a blend of traditional massage techniques and modern wellness approaches to create a truly customized experience that leaves you feeling revitalized and renewed.

The Power of Massage Therapy: More Than Just Relaxation

Massage therapy is far more than a luxurious indulgence; it's a powerful therapeutic modality with numerous proven benefits. At Enliven, we offer a range of massage styles, each designed to address specific needs and preferences:

1. Swedish Massage: This classic technique utilizes long, flowing strokes to promote relaxation, reduce muscle tension, and improve circulation. It's perfect for those seeking a gentle yet effective massage to relieve stress and unwind.
1. Deep Tissue Massage: For those experiencing chronic muscle pain, deep tissue massage targets deeper layers of muscle tissue to release tension and alleviate pain. While more intense, this technique provides lasting relief for conditions like back pain, sciatica, and muscle stiffness.
1. Sports Massage: Designed for athletes and active individuals, sports massage helps prevent injuries, improve performance, and accelerate recovery. It addresses muscle imbalances,

promotes flexibility, and reduces post-workout soreness.

1. Prenatal Massage: Specially adapted for pregnant women, prenatal massage addresses the unique physical changes and discomforts associated with pregnancy. It promotes relaxation, reduces swelling, and helps alleviate back pain and other pregnancy-related aches.
1. Hot Stone Massage: This luxurious massage utilizes smooth, heated stones to deeply penetrate muscle tissue, providing intense relaxation and relieving chronic pain. The warmth of the stones promotes blood flow and enhances the therapeutic benefits of the massage.

Beyond Massage: Exploring Holistic Wellness Services at Enliven

Enliven Massage and Wellness offers a comprehensive range of services extending beyond massage therapy. We recognize that true wellbeing requires a multifaceted approach, and we are committed to providing you with the tools and support you need to thrive. Some of our additional offerings include:

Aromatherapy: Experience the transformative power of essential oils, carefully selected to enhance your massage and promote relaxation, stress reduction, and emotional wellbeing.

Reflexology: This ancient healing technique involves applying pressure to specific points on the feet, which correspond to different areas of the body. It promotes relaxation, improves circulation, and helps relieve pain.

Body Wraps: Indulge in a luxurious body wrap designed to detoxify, nourish, and hydrate your skin. These wraps leave you feeling refreshed, rejuvenated, and revitalized.

Customized Wellness Plans: Our experienced therapists will work with you to create a personalized wellness plan that addresses your specific needs and goals. This plan may incorporate massage, aromatherapy, reflexology, and other modalities to support your overall wellbeing.

Choosing the Right Treatment at Enliven Massage and Wellness

Selecting the right treatment is crucial for maximizing your experience. During your initial consultation, our therapists will take the time to understand your needs, preferences, and any health concerns. They'll carefully assess your physical condition and recommend the most appropriate treatment plan to achieve your desired outcomes. Open communication is key, so don't hesitate to discuss your expectations and any questions you may have.

The Enliven Experience: More Than Just a Massage

At Enliven Massage and Wellness, we strive to create a truly transformative experience. From the moment you step into our tranquil sanctuary, you'll be enveloped in a calming atmosphere designed to promote relaxation and rejuvenation. Our dedicated therapists are highly skilled, compassionate, and committed to providing you with exceptional care. We believe that self-care is not a luxury, but a necessity, and we're honored to be a part of your journey to a healthier, happier you.

Conclusion:

Enliven Massage and Wellness is more than just a massage studio; it's a holistic wellness center dedicated to helping you achieve your optimal state of wellbeing. By combining traditional massage techniques with modern wellness practices, we offer a personalized approach that addresses your unique needs and helps you embark on a transformative journey towards lasting health and happiness. Contact us today to schedule your appointment and experience the Enliven difference.

Frequently Asked Questions (FAQs):

1. What forms of payment do you accept? We accept cash, major credit cards (Visa, Mastercard, American Express), and often offer payment plans. It's best to check with us directly before your appointment.
1. Do you offer gift certificates? Yes, we offer gift certificates that make perfect gifts for birthdays, holidays, or any special occasion.
1. What should I wear to my appointment? We recommend wearing comfortable, loose-fitting clothing that allows for easy movement. You will be provided with a robe and towel for your massage.
1. What if I have a medical condition? It's crucial to inform us of any medical conditions or injuries before your appointment. We will work with you to ensure your safety and comfort.
1. How long are your massage sessions? Our massage sessions typically range from 60 to 90 minutes, but we can customize the length to suit your specific needs. You can also find shorter treatments available.

enliven massage and wellness: Atlanta Magazine , 2007-04 Atlanta magazine's editorial mission is to engage our community through provocative writing, authoritative reporting, and superlative design that illuminate the people, the issues, the trends, and the events that define our city. The magazine informs, challenges, and entertains our readers each month while helping them make intelligent choices, not only about what they do and where they go, but what they think about matters of importance to the community and the region. Atlanta magazine's editorial mission is to engage our community through provocative writing, authoritative reporting, and superlative design that illuminate the people, the issues, the trends, and the events that define our city. The magazine informs, challenges, and entertains our readers each month while helping them make intelligent choices, not only about what they do and where they go, but what they think about matters of importance to the community and the region.

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enliven massage and wellness: Wellness—A Way of Life Dr. Melva Martin, 2018-10-24 This

is your moment. Here you are, holding a guide to better health and natural healing, written by an experienced naturopath who instructs the reader on inexpensive, home remedies that puts healing techniques within reach of everyone. Well-rounded and thoughtfully compiled this guide addresses the wholistic triune: the body, mind and spirit. It is filled with effective approaches, doable techniques and treatments. Dr Melva Martin provides multiple options and paths to self-care. You may not choose to use all techniques included in this book, but you will learn the overarching aspects of health and holistic healing and find various treatment options to guide your journey forward. The days of us leaning back and expecting a doctor with fifteen minutes to fix us is over. Worse yet, good health seems harder to achieve in our chemicalized world. The reality is that no doctor will give us unlimited time and when we go to them we are wise to partner with them rather than passively sitting on the sidelines. Therefore, it is time for us to step up and get in relationship with our bodies and learn what we can do for ourselves before we resort to a medicine for every malady along life's highway. I won't deny that there is a place for allopathic, western medicine, but it is wise to return most of the care to our homes, our prayers, our kitchens and our gardens. This book will be your reference and your guide. Muriah Williams

enliven massage and wellness: Healing Adventures - Wellness Getaways for Health & Happiness Paul Froemming, 2011-08-22 Overview - The world's best places for health & happiness are revealed in this new book, fresh from five continents, with 50 stories and a gallery of color photos. Travel, health and adventure writer Paul Froemming, author of *The Best Guide to Alternative Medicine*, is your guide on an around-the-world journey into the mind, body and spirit. Ports of call will include a selection of the best resorts and spas, along with their exotic healing treatments. There are meetings with extraordinary teachers of the good life, who will reveal their secrets. *Healing Adventures* will take you to places of health & happiness, including the best wellness getaways of Europe, North and South America, Asia and the Pacific - and show you how to get there! Places: Warm water spas in Italy, France and Greece. Spa cuisine and massage in Thailand. Water sports and rain forest treatments in Australia, the Pancha Karma renewal treatments of India, Tai Ji in China and Shiatsu massage in Japan. Adventures will include Fiji, Tahiti, Hawaii and the Pacific plus California and Mexico. People: Deepak Chopra, MD - Don Miguel Ruiz - Sufi master Sheikh Abdoulaye Dieye - Greenland Shaman Angaangaq - Tibetan Lama Dzongchen Khenpo Rinpoche - Tai Ji Master Chungliang Huang - Entertainer Michael Jackson.

enliven massage and wellness: Roll Model Jill Miller, 2014-11-04 Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life "by the balls" and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller's groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: • Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method • Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling • Step-by-step rolling techniques to help awaken your body's resilience from head to toe so that you have more energy, less stress, and greater performance Whether you're living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

enliven massage and wellness: Press Here! Ayurvedic Head Massage for Beginners Hillary Arrieta, 2021-05-11 *Press Here! Ayurvedic Head Massage for Beginners* gives simple step-by-step guidance on how to incorporate Indian head massage into you and your family's everyday routines to enhance overall well-being and beauty. The techniques illustrated and explained offer many health

benefits, including: Easing sleep disturbances Reducing stress Easing muscular tension, headaches, and eye strain Promoting increased blood circulation to the head and cephalic region Enhancing scalp health Practitioners can also achieve psychological and spiritual benefits, including: Increasing a sense of human connection between giver and receiver Creating a meditative mood that encourages deep sleep Relief from mild depression or life burnout/overwhelm through the release of endorphins Potential beauty benefits include: Improves the condition of skin and hair by increasing blood circulation Provides nutrients to the living cells of the skin and hair Gives the receiver a refreshed and younger looking appearance Nourishing hair oils can further increase and customize your beauty efforts along with the massage The book also addresses safety considerations, including vital areas of caution in the neck and head and when it might be unwise to practice Indian head massage, and cautions with regard to herbally infused oils. Each chapter covers an important area related to head massage techniques in depth, including foundational principles of ayurveda and how Indian head massage is part of ayurvedic practice. You'll find: A basic review of Doshas, including details on how to discover your unique, elemental body type—Pitta, Vata, Kapha, and combinations of these Marma or vital energy points of the head and neck Preparation tips with a supply list, mood, space, and lighting considerations Preparing the body and mind to give/receive an Ayurvedic Indian head massage—hygiene, stretches for the arms, shoulders, and hands Types of massage movements used in Indian head massage, described step by step—nerve strokes, effleurage, petrissage, frictions, tapotement Also covered: Self-care rituals with an introduction to touch, step-by-step protocols, communication with partner about pressure and comfort Hair oil recipes, including everyday hair oil recipes, tips on creating your own recipes, authentic beauty hair oil, headache relief hair oil, mid-day energizing hair oil, peaceful sleep hair oil Incorporation of rituals, including authentic beauty rituals, step-by-step protocol to enhance one's own natural beauty, headache relief ritual, step-by-step protocol to reduce tension headaches, mid-day energizing rituals, step-by-step protocol to stay alert during the day, peaceful sleep ritual, step-by-step protocol to enhance sleep The book ends with an Ayurvedic Dosha-type quiz to help understand your personal prakriti or constitution. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include reiki, reflexology, chakras, and acupressure.

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enliven massage and wellness: Ritual as Remedy Mara Branscombe, 2022-06-07 • Explains how ritual can serve as a way to ground yourself, invite in the new, let go of what needs to be shed, and tap into your own inner powers • Shares ancient and modern rituals, ceremonies, and practices to connect with the seasons, the lunar cycles, and the five elements, as well as open your heart, dance with your shadow self, grow your intuition, and connect with your body • Offers detailed instructions for each ritual, ceremony, and transformative healing practice HEALING BALM for psyche and soul, ritual invokes a unique magic that allows us to step beyond the mundane and touch base with the sacred turning points in our life and the truth of our soul's calling. In this evocative guide, Mara Branscombe offers potent soul-care rituals and ceremonies to purify and strengthen minds, hearts, and bodies, so as to enable us to activate our inner power. Connecting with the pagan wheel of the year, the five elements, and the lunar cycle, soulstirring rituals and step-by-step healing protocols show a path towards a deeper, heart-centered living. Transformative practices such as guided meditations and visualizations, breathwork, altar creation, and discovery of our personal empowerment mantras facilitate our healing journey. Ancient and modern ceremonies and specific spiritual formulas help us embody a loving existence, dance with our shadow self, engage with grief, grow our intuition, dismantle limiting beliefs, and heal toxic patterns to find inner strength and peace. Ritual as Remedy is an invitation to shape-shift, heal, transform, and reclaim one's true soul purpose through powerful self-care protocols that awaken freedom, joy, and a wild, untamed self-love.

enliven massage and wellness: Office Yoga Darrin Zeer, 2011-04-29 Yoga has gone completely mainstream. Sensible people everywhere are saying Om and doing postures once a week. Enter the world's easiest yoga book for the place we need it most: work! Renowned teacher Darrin Zeer brings this ancient Indian art to the modern-day office with a fully illustrated, easy-to-use guide offering 75 stress-relieving stretches perfect for the cube environment. Unlike most yoga guides, Office Yoga offers a fun, accessible approach and is useful for both beginners and experts. Exercises are organized by time of day and for a variety of situationswaking stretches, commute exercises, on-the-phone and at-the-copy machine stretches. Humorous and colorful illustrations by Michael Klein enliven exercises that can be performed anywhere from the elevator to the conference room. This handy little book will fit nicely on any desktop, and makes a great gift for the workaholic in your life.

enliven massage and wellness: The Ayurveda Way Ananta Ripa Ajmera, 2017-04-19 Celebrated Ayurveda teacher Ananta Ripa Ajmera offers an inspiring introduction to this ancient Indian medical tradition, which complements and extends the health and wellness benefits of yoga. Through 108 short essays you will learn to approach optimal digestion, better sleep, less stress, and a more balanced life. Diet is key, and many essays are accompanied by recipes that incorporate into daily meals spices such as turmeric, cumin, ginger, and mustard seeds. In addition, meditation, yoga and breathing exercises, and self-care practices such as oil pulling and massage, make this time-tested wisdom available to contemporary holistic health enthusiasts — even beginners.

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enliven massage and wellness: The Creationship Edward R. Kays, 2018-04-26 Have you ever wondered why some days everything just seems to fall into place? Or why, when you're trying to start something new, everything you need has a way of just showing up? Think these experiences are coincidences or random synchronicities? Think Again. What if something is going on behind the scenes, something much more majestic, mysterious, and... intimate? What if, without knowing it, you are in a dialogue with creation itself? What if you could hear this unconscious conversation, understand its language, and become an active participant in your life? Welcome to the wondrous world of Providence. The 7 Principles of Providence will help train your body to recognize co-creation in action. It's all about alignment. Once you understand the house rules, the rest is history. Life gets great, relationships start to work, finances add up, health advances exceptionally, love flows deeply, intelligence soars. If you knew that Heaven (Paradise, Nirvana, Valhalla, etc.) is right here, right now, what would you do with your life? Begin an intimate relationship with creation and watch as your life unfolds with magic, beauty, grace, abundance, love, and wisdom—this day and every day for the rest of your life. This is your creationship.

enliven massage and wellness: Breast Massage Debra Curties, 1999 While most massage practitioners believe in the therapeutic value of breast massage, most do not have confidence in their skills in relation to this sensitive area of treatment. This groundbreaking book provides the knowledge and understanding that massage therapists need to be able to offer breast massage when appropriate, as part of the fundamental set of health care services we provide for those who choose massage therapy.

enliven massage and wellness: PEMF - The Fifth Element of Health Bryant A. Meyers, 2013-08-19 You probably know that food, water, sunlight, and oxygen are required for life, but there

is a fifth element of health that is equally vital and often overlooked: The Earth's magnetic field and its corresponding PEMFs (pulsed electromagnetic fields). The two main components of Earth's PEMFs, the Schumann and Geomagnetic frequencies, are so essential that NASA and the Russian space program equip their spacecrafts with devices that replicate these frequencies. These frequencies are absolutely necessary for the human body's circadian rhythms, energy production, and even keeping the body free from pain. But there is a big problem on planet earth right now, rather, a twofold problem, as to why we are no longer getting these life-nurturing energies of the earth. In this book we'll explore the current problem and how the new science of PEMF therapy (a branch of energy medicine), based on modern quantum field theory, is the solution to this problem, with the many benefits listed below: • eliminate pain and inflammation naturally • get deep, rejuvenating sleep • increase your energy and vitality • feel younger, stronger, and more flexible • keep your bones strong and healthy • help your body with healing and regeneration • improve circulation and heart health • plus many more benefits

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enliven massage and wellness: *School, Family, and Community Partnerships* Joyce L. Epstein, Mavis G. Sanders, Steven B. Sheldon, Beth S. Simon, Karen Clark Salinas, Natalie Rodriguez Jansorn, Frances L. Van Voorhis, Cecelia S. Martin, Brenda G. Thomas, Marsha D. Greenfeld, Darcy J. Hutchins, Kenyatta J. Williams, 2018-07-19 Strengthen programs of family and community engagement to promote equity and increase student success! When schools, families, and communities collaborate and share responsibility for students' education, more students succeed in school. Based on 30 years of research and fieldwork, the fourth edition of the bestseller *School, Family, and Community Partnerships: Your Handbook for Action*, presents tools and guidelines to help develop more effective and more equitable programs of family and community engagement. Written by a team of well-known experts, it provides a theory and framework of six types of involvement for action; up-to-date research on school, family, and community collaboration; and new materials for professional development and on-going technical assistance. Readers also will find: Examples of best practices on the six types of involvement from preschools, and elementary, middle, and high schools Checklists, templates, and evaluations to plan goal-linked partnership programs and assess progress CD-ROM with slides and notes for two presentations: A new awareness session to orient colleagues on the major components of a research-based partnership program, and a full One-Day Team Training Workshop to prepare school teams to develop their partnership programs. As a foundational text, this handbook demonstrates a proven approach to implement and sustain inclusive, goal-linked programs of partnership. It shows how a good partnership program is an essential component of good school organization and school improvement for student success. This book will help every district and all schools strengthen and continually improve their programs of family and community engagement.

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enliven massage and wellness: *The Book of Sufi Healing* Abu Abdullah Ghulam Moinuddin,

enliven massage and wellness: New York Magazine , 1997-04-21 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

enliven massage and wellness: Yoga Journal , 2002-07 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

enliven massage and wellness: Handbook of hair in health and disease Victor R. Preedy, 2012-05-23 Hair is a major component of the body's tissue system that contributes to the individual's make up and confers a large degree of personal identity. Apart from its visible façade, hair also has a functional role. It has an unique structure and complex molecular development. The very nature of hair makes it a suitable marker for the prognosis of disease. Hair can also be used to screen for toxins and changes in the diet. However, there are currently no suitable publications available that describe hair in a rational scientific context. This handbook provides an academic approach to hair in health and disease. Divided into five sections the Handbook of Hair in Health and Disease provides an insight into hair growth and loss, molecular and cellular biology of hair, dietary toxicity and pathological history, diseases and treatments of hair, as well as shampoos and conditioners. Unique features of each chapter in this volume include relevant and useful 'Key facts' which highlight interesting or important findings of the specific subjects and 'Summary points' that will give a clear overview of the subjects treated in each chapter. The Handbook of Hair in Health and Disease will be essential to a variety of users, such as trichologists, doctors and nurses and all those interested or working within the area of hair health. This includes nutritionists and dieticians, scientific beauticians, health workers and practitioners, college and university lecturers and undergraduate and graduate students.

enliven massage and wellness: Ambika's Guide to Healing and Wholeness Ambika, Ambika Wauters, 1993 Ambika explains her techniques for working with the subtle energies of the chakras so that you can use them to gain a deeper sense of self. She helps you to work through your emotional blocks and negative patterns to emerge positive, healthy and full of zest for life.

enliven massage and wellness: The Call to Hawai'i Laura L. Crites, Betsy Crites, 2003 The Call to Hawaii invites the reader to a deeper understanding and experience of the native culture and healing resources of Hawaii. The authors define wellness travel as a vacation taken with the intention of enhancing balance and harmony on all levels?mind, heart, body, and spirit. Their definition includes seven ways to structure a vacation to meet your personal needs for renewal.

enliven massage and wellness: EastWest , 1988

enliven massage and wellness: Do You Believe in Magic? Paul A. Offit, 2013-06-18 A physician offers an impassioned and meticulously researched exposé of the alternative medicine industry, separating the sense from the nonsense. A half century ago, acupuncture, homeopathy, naturopathy, Chinese herbs, Christian exorcisms, dietary supplements, chiropractic manipulations, and ayurvedic remedies were considered on the fringe of medicine. Now these practices—known variably as alternative, complementary, holistic, or integrative medicine—have become mainstream, used by half of all Americans today to treat a variety of conditions, from excess weight to cancer. But alternative medicine is an unregulated industry under no legal obligation to prove its claims or admit its risks, and many popular alternative therapies are ineffective, expensive, or even deadly. In *Do You Believe in Magic?*, health advocate Dr. Offit debunks the treatments that don't work and tells us why, and takes on the media celebrities who promote alternative medicine. Using dramatic real-life stories, he separates the sense from the nonsense, explaining why any therapy—alternative or

traditional—should be scrutinized. As Dr. Offit explains, some popular therapies are remarkably helpful due to the placebo response, but “there’s no such thing as alternative medicine. There’s only medicine that works and medicine that doesn’t.”

enliven massage and wellness: Perfect Health Deepak Chopra, 1990 The author's Quantum Healing: Exploring the Frontiers of Mind/Body Medicine, aimed to show how health and sickness are controlled by awareness at the level of quantum physics, where mind and body are one. Now Dr Chopra has written a practical guide to harnessing that healing power of the mind, a book based on the principles of Ayurveda, a 5000-year-old system of mind/body medicine that has recently been rediscovered. The book provides a step-by-step programme of mind/body medicine tailored to the individual's need. The result is a plan for re-establishing the body's essential balance with nature.

enliven massage and wellness: The Way of Qigong Kenneth S. Cohen, 2018-12-04 Qigong is an integrated mind-body healing method that has been practiced with remarkable results in China for thousands of years. The Chinese have long treasured qigong for its effectiveness both in healing and in preventing disease, and more recently they have used it in conjunction with modern medicine to cure cancer, immune system disorders, and other life-threatening conditions. Now in this fascinating, comprehensive volume, renowned qigong master and China scholar Kenneth S. Cohen explains how you too can integrate qigong into your life--and harness the healing power that will help your mind and body achieve the harmony of true health.

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enliven massage and wellness: The Breath of Life Cherionna Menzam-Sills, PhD, 2018-04-17 A unique approach to Biodynamic Craniosacral Therapy, a whole-body healing therapy focused on working with the forces underlying health and healing Cherionna Menzam-Sills draws on her extensive background in pre- and perinatal psychology, embryology, bodywork, Continuum Movement, and other somatic therapies—as well as years of working with her husband, Biodynamics pioneer Franklyn Sills—to present this accessible introduction to the meditative healing practice of Biodynamic Craniosacral Therapy (BCST). This book offers a personal journey of embodied inquiry into each element of biodynamic session work, using meditative explorations, personal descriptions, and illustrations to convey the essence of Biodynamics. It emphasizes breathing and body awareness exercises that help the practitioner become more attuned to her own body so that she can create an effective relational field with her client. An essential guide for new practitioners, students, and clients—as well as a valuable reference for experienced practitioners—this book illuminates the path toward the intelligent formative forces of the mysterious presence called the breath of life and its transformative power for health and wholeness.

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