

Phoenix Rising

Australia

“Within the heart of every moment lies the seed of a new beginning” - Graeme O’Brien

healing



Rejuvenating

Intuitive



Experiential



BODYWORK WORKSHOPS

“There is more wisdom in your body than in the deepest philosophy”. - Friedrich Nietzsche

In these 9-day or 3-day workshops, you’ll learn gentle, light-touch techniques, which have profound healing effects on the body by allowing it to safely release stored stress and tension. There are times when the body experiences a physical, mental or emotional trauma that is not able to fully resolve at that time.

What isn’t resolved is stored in the connecting muscle fibers of the body waiting for the day that it can be released. Over time, as more and more unresolved events occur, illness and/or pain, panic attacks, and other physical limitations and symptoms appear. If they are left unresolved, the symptoms get worse and worse over time, then, new symptoms begin to appear.

The resolution of any mental, emotional or physical, upset needs to be addressed on the mental and emotional levels as well as the physical levels. When this is done successfully, the person can return to normal functioning, health is enhanced, immune function increases, and emotional well-being improves.

During this workshop you will learn several Body Work techniques and principles including;

- Mind, Body, Emotion Connections
- The link between physical symptoms and emotional blocks
- Learn to interpret body language
- Lymphatic Drainage methods (clearing the lymph system which improves the body's ability to eliminate toxins)
- Cranial-Sacral Therapy - a gentle, powerful approach that acts to rebalance the central nervous system

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