



Synergy Bodywork Therapy
Improving Life Quality

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Synergy Bodywork Therapy Modalities

SLM MYOTHERAPY FOR TREATING PAIN AND INJURY

SLM Myotherapy manipulates the body's soft tissue using a unique combination of acupressure and massage techniques to lengthen the muscles and balance and improve the body functions. It uses an effective and holistic approach to healing your body by looking at areas such as diet, exercise and lifestyle to not only make your body more receptive to the bodywork techniques, but to also allow your body to cope better with your lifestyle so that injury doesn't occur in the first place.

SLM Myotherapy Benefits

The biggest benefit is the long lasting relief from pain – especially chronic pain that has been in the body for a number of months or even years. Most people feel light, balanced and energized after each treatment.

Long-term recipients of this form of body work report better health and wellbeing and less pain and discomfort generally.

What to expect during an SLM Myotherapy Treatment

Using unique massage techniques, SLM therapist continually move around the body to identify problem muscles that are causing imbalances and / or pain. Those muscles are treated deeply in brief intervals so that by the end of a treatment the condition of those muscles has been improved dramatically but in such a way as not to overwork and injure them. Any excess pain felt by the patient or resistance from the muscles is treated with diet, supplements and or exercises depending on the body and lifestyle of the person being treated.

SLM Myotherapy Origins

SLM Myotherapy was created by Steve Lockhart in the late 1980's from his original training under John Guttenbeil. Steve has worked to refine and develop the techniques over the past years and has now put together a comprehensive training program with the goal of providing others with an easier and more effective method for giving fast, long lasting relief from chronic pain in the body.

DEEP TISSUE MASSAGE

Deep Tissue Massage is a type of massage therapy that uses firm pressure and slow strokes to reach deeper layers of muscle and fascia (fascia is the connective tissue surrounding muscles).

Deep Tissue Massage is used to break up scar tissue and physically break down muscle "knots" or adhesions (bands of painful, rigid tissue) that can disrupt circulation and cause pain, limited range of motion, and inflammation.

Benefits

Deep Tissue Massage usually focuses on a specific problem, such as chronic muscle pain, injury rehabilitation, and the following conditions:

- Low back pain
- Limited mobility
- Recovery from injuries (e.g. whiplash, falls)
- Repetitive strain injury, such as carpal tunnel syndrome
- Postural problems
- Muscle tension in the hamstrings, glutes, IT band, legs, quadriceps, rhomboids, upper back
- Osteoarthritis pain
- Sciatica
- Tennis elbow
- Fibromyalgia
- Upper back or neck pain

Will It Hurt?

At certain points during the massage, you may feel some discomfort or even some pain as the massage therapist works on areas where there are adhesions or scar tissue.

You should always tell your massage therapist if you feel pain during the massage. The therapist can adjust the technique or further prep the tissues if the superficial muscles are tense.

Pain isn't necessarily good, and it is not necessarily a sign that the massage is working. In fact, your body may tense up in response to pain, making it harder for the therapist to reach deeper muscles.

What Can I Expect?

Massage therapists may use fingertips, knuckles, hands, elbows, and forearms during a deep tissue massage. You may be asked to breathe deeply as the massage therapist works on tense areas.

After the massage, you may feel some stiffness or soreness, but it should subside within a day or so.

People often notice an improved range of motion immediately after a Deep Tissue Massage.

TRIGGER POINT THERAPY

What is Trigger Point Therapy?

Trigger Point Therapy is a form of Remedial Massage Therapy in which direct pressure is applied to specified points on tender muscle tissue to bring about reduction in muscle tension and pain relief.

What Activates a Trigger Point?

Each muscle has potential trigger points which can become activated by muscle overuse, inflammation, trauma, electrolyte imbalances, infections and nerve pain.

These trigger points can cause pain in the muscle affected or refer pain and thus be felt in another area of the body. Other trigger points are only felt when the muscle is directly palpated by the therapist.

How Can Trigger Point Therapy Help You?

Trigger Point Therapy is for almost everyone. Muscles with active trigger points are always weaker than normal muscles and unable to move through their full range of motion. Often because they are unable to perform their normal function, other muscles are recruited to perform the activity of the compromised muscle. These secondary muscles can go on to develop trigger points themselves if the original muscle is not treated.

Can Trigger Point Therapy Be Used in Combination with Modern Medicine?

Yes, Trigger Point Therapy does not interfere with existing drug therapy. People seeking physiotherapy, massage and other modalities often combine their treatments with Trigger Point Therapy for greater recovery time and better mobility.

What Conditions Does Trigger Point Therapy Help?

Trigger Point Therapy is recognized as an effective treatment for pain.

The main reason behind its success appears to be related to chronic pain patterns. The establishment of chronic pain patterns occurs within a few months of an injury.

Once established, these pain patterns are difficult to reverse by other conservative treatment techniques. Trigger Point Therapy is often very useful in breaking this pain cycle.

In particular, Trigger Point Therapy is useful when other forms of traditional western treatments have failed to fully eliminate your pain. In our experience, Trigger Point Therapy is very useful for the relief of:

- Back Pain
- Neck Pain
- Shoulder Pain
- Knee Pain
- Muscle Pain
- Joint Pain

SPORTS MASSAGE

Sports Massage can be used pre-performance, post-performance, during training or for rehabilitation. Athletes of all levels may benefit from sports massage. If you are looking for a way to improve your athletic performance, then sports massage may be for you.

What is Sports Massage?

Sports massage is a systematic manipulation of the soft tissues of the body that focuses on muscles relevant to a particular sport.

Many different movements and techniques are used in sports massage. Examples of these techniques include; Swedish style massage, effleurage (stroking), petrissage (kneading), compression, friction, tapotement (rhythmic striking), vibration, gliding, stretching, percussion and trigger points. These movements and techniques are used to try to help the athlete's body achieve maximum performance and physical conditioning with a decreased chance of injury or pain and a quicker recovery.

What are the Benefits of Sports Massage?

Some of the benefits are to the mind (psychological) and some are to the body (physiological).

- Increased blood flow
- Increased joint range of motion (ROM)
- Increased flexibility
- Increased elimination of exercise waste products (lactic acid)
- Increased sense of well-being
- Decreased muscle tension
- Decreased neurological excitability (nerves more relaxed)
- Decreased chance of injury
- Decreased recovery time between workouts
- Decreased muscle spasms

Possible side effects of sports massage are tenderness or stiffness for 1 to 2 days after the Sports Massage.

SWEDISH MASSAGE

What is Swedish Massage?

Swedish massage is the best-known and most popular type of massage therapy on which all other massage styles are based.

Swedish massage therapy involves mild, moderate or deeper strokes on the back, arms, legs, neck and other body parts to target tissues and muscles for maximal pain relief, stress release and relaxation.

Swedish massage helps promote healing while targeting pain, injuries, stress and stiffness using gliding, kneading, tapping, friction and light shaking—designed to ease back pain and help relaxation.

Physical benefits

There are numerous physical benefits associated with the use of Swedish massage:

- Loosening tight muscles and stretching connective tissues
- Relieving cramps and muscle spasms and decreasing muscle fatigue
- Loosening joints and improving range of motion
- Increasing muscle strength
- Calming the nervous system
- Stimulating blood circulation
- Firming up muscle and skin tone
- Relieving symptoms of such disorders as asthma, arthritis, carpal tunnel syndrome, chronic and acute pain syndromes, myofascial pain, headache, temporomandibular joint (TMJ) dysfunction, and athletic injuries
- Speeding up healing from injury and illness
- Improving lymphatic drainage of metabolic wastes

Mental benefits associated with massage therapy include the following:

- Mental relaxation
- Improvement in length and quality of sleep
- * Relief of stress, depression, anxiety and irritation
- Increased ability to concentrate
- Improved sense of well-being

Description

In Swedish massage, the person to be massaged lies on a massage table and is draped with a towel or sheet. It is a full-body massage treatment, except in areas where the client requests not to be touched.

LYMPHATIC MASSAGE

The lymphatic massage is a delicate, light form favoring the lymph flow. It is based on light, rhythmic and constant movements, only touching the skin, with an almost non-perceptible pressure. Being so fine, the patient may perceive it as useless, but after two-three sessions, its benefits can be seen. A lymph massage session lasts at least for one hour.

Unlike the blood, the lymph is not pumped by the heart, moving slowly due to stimulation from the muscles' contractions. The lymph is a whitish liquid flowing throughout our body inside lymph vessels, collecting wastes and toxins that cannot be absorbed through the blood capillary vessels. In certain points, called nodes, lymph is cleaned. Nodes are found in the groin, underarm and neck, in the vein angle formed by the jugular and subclavicular veins, the main point of draining for our body toxins and liquids.

The massage starts from the neck, from this terminus point towards the ears, following from the center of the face towards the lateral areas, always finishing with a light pressure on the ears and temples. The finish in this area is from the forehead to the neck.

In hands and arms, intermittent pressure must be made to the underarm, always ascending towards the heart. In feet, light and intermittent movements must be made on the groin area and from the knee towards the thighs; also from the ankles ascending through the whole foot, making with the index finger and thumb rotation movements. The massage is finished in the inguinal area.

These are health benefits of the lymph massage

1. Against cellulite. It works best in earlier stages, even if it is effective in every moment. The ideal case is to be started during the teenage. Cellulite appears when the fat deposits in our feet compress the lymph vessels, turning difficult the lymph flow. If the intervention is not rapid, the tissue fills with liquids and toxins and the fat deposits tend to turn harder, producing the "orange skin".

When the cellulite is on its incipient stages, it is easy to activate the flow of the accumulated wastes and solve definitively the issue. Normally, just three months (for example February, March and April) are enough to get satisfactory results.

2. Swollen, heavy and edematose feet. Lymph flows from the periphery of the limbs to their center. When for no matter which reason this path is interrupted, the lymph falls back due to the action of the gravity flooding the feet tissues and causing swelling. The lymph drainage helps lymph to complete its route and it is the choice treatment. In 3–4 weeks, the problem is improved. If it is chronic, the doctor will point the ideal frequency of the massage.

3. Pregnancy and PMS syndrome. The drainage is very effective in both cases, but as a preventive method. The hormonal changes during pregnancy determine liquid retention and a decrease in the tonus of the vein and lymph vessels. The drainage can be started beginning with the third pregnancy month and made till the delivery. It is also effective against the swelling experienced by many women a few days before the menstruation. In this case, the massage is made immediately after the end of the cycle for a week.

4. Scars. If during the scarring process of a wound interstitial liquid accumulates forming an edema, a hypertrophic (keloid, swollen) scar forms. The lymph drainage has a "planning" effect on the scar, even in older ones, because it activates the lymphocytes, involved in reconstructing the tissue.

5. Acne and couperosis. In acne, the skin is inflamed, accompanied generally by liquid retained amongst the skin cells. The depurative and draining effect of this technique decreases gradually the inflammation and the edemas, favoring a more rapid cure.

Couperosis is due to an alteration of the peripheral circulation of the face, especially on cheeks, nose, and chin. In time, the reddening turns permanent, accompanied by the inesthetic "veinlets". If the condition is in the initial phase, the lymph drainage can fix it, but if it is on an advanced stage, it just improves the look attenuating the skin symptoms. 15 sessions can check the skin's reaction to this treatment, when even total cure can be achieved.

6. Surgery. Lymph drainage is effective for getting rid of edemas and hematomas and boosting tissue regeneration following a surgery. But it is good not only after the operation; if made a month before the operation, it favors the elimination of the liquids and toxins from the body, spurring cells' ability to regenerate and repair tissues.

THERAPUTIC STRETCHING

Stretching is very important for everyone.

No matter what your activity level, stretching helps the muscles, tendons, ligaments, and joints stay healthy and strong.

Therapeutic Stretching helps maintain mobility, prevent injury and increase physical performance.

Therapeutic Stretching is an umbrella term for use of different stretching techniques such as Active Isolated Stretching, Muscle Energy Testing, and Isometric Stretching.

Stretching should be a part of any healthy person's regular daily routine.

Going to a skilled massage therapist who can incorporate stretching into your regular massage sessions combines the health benefits of stretching and massage. Your body will be very grateful!

Active Isolated Stretching is facilitated by a massage therapist to build flexibility with short, gentle stretching that builds in intensity rather than deep extended stretching.

The body responds to overstretching by resisting as this is the body's natural defense against injury.

Active Isolated Stretching allows the body to ease into the deep stretching without holding long enough for the body to resist the stretch and incorporating movement in the stretching. This repetitive stretching trains the body to use this flexibility in regular motions.

Therapist aids the client in breathing into the stretch, gaining more flexibility than can be reached when stretching solo.

You can develop a better understanding of how your body will respond to regular stretching and the easiest way to incorporate it into your regimen.

Therapeutic Stretching is beneficial for athletic training, chronic pain, and building range of motion, injury rehabilitation, and joint health.

CERVICAL / CRANIUM THERAPY

Cervical / Cranium Therapy is a type of bodywork that relieves compression in the bones of the head, sacrum and spinal column.

Cervical / Cranium Therapy is noninvasive. It uses gentle pressure on the head, neck, and back to relieve the stress and pain caused by compression. It can, as a result, help to treat a number of conditions.

Benefits and uses

Cervical / Cranium Therapy is thought to relieve compression in the head, neck, and back.

This can soothe pain and release both emotional and physical stress and tension.

It is also thought to help restore cranial mobility and ease or release restrictions of the head, neck, and nerves.

Cervical / Cranium Therapy can be used for people of all ages.

It may be part of your treatment for conditions like:

- Migraines and headaches
- Constipation
- Disturbed sleep cycles and insomnia
- Scoliosis
- Sinus infections
- Neck pain
- Fibromyalgia
- TMJ
- Trauma recovery, including trauma from whiplash
- Mood disorders like anxiety or depression

BODY / MIND BALANCING

Body / Mind Balancing is a combination of therapy techniques. It uses these to re-establish communication within the body-mind system, physical, emotional, beliefs, energy and environmental.

The human body is a complex and amazing mechanism. Its many organs which make up systems are in constant communication with each other. These systems need clear communication channels between them in order to maintain harmony and health. If those lines of communication are compromised, then disharmony and poor communication will lead to lowered vitality, lower resistance, disease and long-term breakdown in the form of degenerative processes.

The stresses of our everyday life can compromise these systems of communication or overload the energy circuits.

Just as the body heals a wound with a particular sequence of chemical reactions, the body addresses all healing in a certain order.

This concept is important in restoring the body's ability to heal itself. It has the ability to address many issues.

Re-establishing and synchronizing the body's communication lines with BodyMind Balancing treatment will greatly assist the body to maintain its own health.

The client's own innate healing mechanism is utilized in the treatment. BodyMind Balancing's major assets are simplicity, safety and the speed of its results.

It is non-invasive, objective in its application, and individual to each client.

It requires no diagnosis and there are no contraindications.

The treatment follows a particular protocol, using the breath and a tapping technique to restore harmony and health to the body and mind.

Common disorders BodyMind Balancing addresses are

- Physical – general physical dysfunction
- Immune system – viruses & infections, poor immune functioning, allergies
- Emotional – stress, confusion or discomfort, negative emotions
- Thinking – addressing thought patterns or conditioning that are believed and keep us limited
- Learning problems – dyslexia, attention deficit disorder, left/right brain confusion
- Energy – imbalances in all our energy centers, chakras, meridians

MEDICAL MASSAGE

Why Medical Massage?

Medical Massage is one of the most effective and simple tools for reaching rapid and sustained results in various disorders including sciatic nerve neuralgia, hypertension, impingement syndromes, and lower back disorders.

Medical massage is a comprehensive method of soft tissue mobilization consisting of connective tissue massage (fascia mobilization), muscular mobilization, trigger point therapy (if trigger points exist), skin mobilization, and other components.

What types of therapy are considered Medical Massage?

Many forms of massage therapy can be therapeutic when applied by a skilled and knowledgeable therapist; therefore, medical massage is not limited to any particular specific technique.

Benefits of Medical Massage Therapy

- Decrease stress
- Headache relief
- Alleviate muscle soreness
- Pain from stiff joints
- Increase mobility range
- Relieve digestive problems
- Improve circulation and immune system
- Increase body awareness
- Relieve anxiety, aches and pains as well as swelling

PRANIC HEALING

Pranic Healing is an ancient art of healing that uses life-force or 'prana' to correct energy imbalances in the body's energy field.

The system treats the body and energy as a single entity and heals the body by restoring life-force and facilitating smooth energy flow around the body.

The basic premise behind pranic healing is that the body already possesses the innate ability to heal itself.

Pranic healing triggers the body's internal healing system that works in tandem with energy flows from the sun, earth and nature.

The therapy involves balancing the body's energy field or aura and infusing with fresh, rejuvenating 'prana' force.

Blocked energy flows around the body often lead to mental and physical health conditions including chronic diseases, psychological disorders (including depression, stress, anxiety and melancholia) as well as spiritual imbalances.

Experienced pranic healing therapists believe that life-energy abounds in the surroundings and practitioners are able to channel this unlimited energy for healing purposes.

Impaired energy flow around the body affects other aspects including the ability to manage emotions and relationships.

How does Pranic Healing work?

Pranic healing is a non-invasive, non-contact form of healing. Since the therapy is based on the bio-plasmic body or the energy field, the practitioners do not touch the physical body.

By healing energy imbalances in the energy field around the physical body, pranic healing treats physical health conditions as well.

Pranic healing therapy works on the principle that the aura or energy field around the body distributes energy to all parts of the body including cells, tissues, glands and organs.

Physical health problems appear as energy imbalances in the aura.

Once the correct energy flows are restored, the physical body receives its full energy supply to heal itself.

Why does energy flow around the body get affected?

The surroundings contain contaminated energy or high-frequency magnetic energy that affects the aura.

Our human aura finds itself unable to process this high-frequency energy and the energy penetrates the physical body thus causing nervous ailments.

The aura can also be affected by the sudden and dramatic energy release due to unexpected emotional upheaval like the death of a loved one. This excess energy forces its way out through the aura and may end up damaging the chakras in the process.

What are the benefits of Pranic Healing?

There are several associated benefits of pranic healing including:

- Improved ability to concentrate
- Enhanced memory
- Increase in internal motivational and drive
- Healthy mind and body

MEDITATION

Meditation is a simple yet powerful tool that will take you to a state of profound relaxation, dissolve fatigue and accumulated stress, and renew your creativity and passion for life.

By its very nature, meditation calms the mind, and when the mind is in a state of restful awareness, the body relaxes, too.

- Meditation is natural. It is not an exotic import from the East and the cultural values of the East.
- Meditation is about mind, body, and spirit as one continuous whole, not three separate things.
- The benefits of meditation probably go deeper than we imagine. At the very least, genetic activity responds very quickly and substantially to meditation.
- Meditation uncovers the true self that lies at the core of every person.
- The state of pure awareness that is reached through meditation is the ground state of everything.

Numerous studies have shown that regular meditation practice can improve your mental and physical health.

The benefits of meditation include:

- Lowered blood pressure and hypertension
- Slower heart rate
- Decreased cholesterol levels
- Reduced production of “stress hormones,” including cortisol and adrenaline
- More efficient oxygen use by the body
- Increased production of the anti-aging hormone DHEA
- Improved immune function
- Greater focus and attention

Beyond these significant health benefits, the greatest gift of meditation is the sense of calm and inner peace it brings into our daily life.

When we meditate, we go beyond the mind’s noisy chatter into an entirely different place: the silence of a mind that is not imprisoned by the past or the future.

With a regular practice, the expansive awareness you enter during meditation begins to permeate your life outside of your meditation sessions. You might experience flashes of elation and notice feelings of well-being sweeping over you at unexpected moments. You will begin to walk with more buoyancy and feel a warmth and peace in your heart. Your thoughts, actions, and reactions are infused with a little more love and mindful attention. All of these are signs that you are living harmony with your true spiritual self, and the result is a deeper appreciation and a profound awareness of the divine quality of existence.

In addition to these significant health benefits, meditation brings a profound sense of calm and inner peace into your daily life.

With meditation, you can dissolve fatigue and accumulated stress, and renew your creativity and passion for life.

Reasons to meditate

The reasons we meditate are as varied as the many ways there are to meditate. In the West, most people are drawn to meditation to quiet the internal chatter of the brain and to reduce stress.

Meditation is, indeed, a very effective stress reducer, but its benefits – sometimes mysteriously hidden – are far more bountiful.

The mind–body connection between stress and disease is abundantly apparent as science is finding that meditation can lower production of the stress hormone cortisol.

This means meditators are better able to adapt to stress in their lives and its common physiologic responses, which can include:

- Heart disease
- Osteoporosis
- Sleep problems
- Digestive problems
- Depression
- Obesity
- Memory impairment
- Skin conditions

Paradoxically, while meditation helps us tune in and turn inward to our true essence, it also helps us detach from our own egos to connect with others in more meaningful ways.

Couples counselors have found when they assign their clients meditation, the couples become less angry, more self-reflective, and more loving.

When we become aware of – and honor – our interconnection with other beings, we are able to recast our perspectives, see our worries in a different light, and embrace gratitude, which is the heart's memory.

In a world rife with never–ending fast fixes, crash diets, and get–rich–quick schemes, it is nice to know there is a proven practice that really can change your life (or at least bring about dramatic effects) in just a little time each day.

Yogis and doctors both agree: meditating – even just a few minutes of deep breathing – relaxes the brain, reduces anxiety, and decreases depression.

When we feel as though we can't afford the time to meditate, the truth is we can't afford not to.

How does meditation work?

We are all engaged in a continuous internal dialogue in which the meaning and emotional associations of one thought trigger the next, usually without our being consciously aware of the process.

In meditation we disrupt the unconscious progression of thoughts and emotions by focusing on a new object of attention.

Meditation brings us home to the peace of present–moment awareness and gives us an experience of profound relaxation that dissolves fatigue and long–standing stresses and promotes both physical and emotional healing.

SHIATSU MASSAGE

Shiatsu is a type of massage therapy that was primarily developed in Japan. With its name derived from the Japanese term for "finger pressure," it involves applying pressure to specific points on the body, moving from one point to another in a rhythmic sequence.

How Does Shiatsu Work?

As in acupressure, practitioners of Shiatsu apply pressure to points on the body thought to be connected to pathways called "meridians".

By stimulating these points, therapists aim to promote the flow of vital energy (also known as "chi") and facilitate healing.

According to the principles of TCM, blockages in the flow of chi can contribute to a wide range of illnesses.

What Does Shiatsu Feel Like?

When performing Shiatsu, therapists apply deep pressure using their fingers, thumbs, and/or palms in a continuous sequence.

The finger pads are used to apply pressure, and each point is typically held for two to eight seconds.

In some cases, the pressure points stimulated during Shiatsu may feel tender.

Those receiving Shiatsu often describe this tenderness as "good pain," but it is important to alert your therapist if you feel discomfort or pain during your massage. Your therapist can then adjust the pressure to make the massage more comfortable for you.

Uses for Shiatsu: Why Do People Get It?

Shiatsu is often used to lessen stress and protect against stress-related health issues.

In addition, Shiatsu is said to promote healing in conditions like anxiety, arthritis, back pain, constipation, headache, insomnia, menstrual problems, neck and shoulder pain, premenstrual syndrome, sciatica, and sinus problems.

Shiatsu is also said to increase energy, promote recovery from injuries, and stimulate the digestive system.

Shiatsu is typically done on a mat on the floor.

Although the sequence is often similar to other types of massage, no massage oil is used, so it is usually done with the client fully clothed in loose, comfortable clothing.

YOGA

Workout fads come and go, but virtually no other exercise program is as enduring as yoga. It is been around for more than 5,000 years.

Yoga does more than burn calories and tone muscles. It is a total mind–body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

While there are more than 100 different types, or schools, of yoga, most sessions are typically include breathing exercises, meditation, and assuming postures (sometimes called asana or poses) that stretch and flex various muscle groups.

Physical Benefits

The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome. Yoga can also lower blood pressure and reduce insomnia.

Other physical benefits of yoga include:

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration, energy and vitality
- Maintaining a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury

Mental Benefits

Aside from the physical benefits, one of the best benefits of yoga is how it helps a person manage stress, which is known to have devastating effects on the body and mind.

Stress can reveal itself in many ways, including back or neck pain, sleeping problems, headaches, drug abuse, and an inability to concentrate. Yoga can be very effective in developing coping skills and reaching a more positive outlook on life.

Yoga's incorporation of meditation and breathing can help improve a person's mental well-being.

Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration, and self-awareness are particularly beneficial, because they can help with early detection of physical problems and allow for early preventive action.

Beginners Welcome

Because there are so many different kinds of yoga practices, it is possible for anyone to start.

Whether you're a couch potato or a professional athlete, size and fitness levels do not matter because there are modifications for every yoga pose and beginner classes in every style.

The idea is to explore your limits, not strive for some pretzel-like perfection.

Yoga is a great way to get in tune with your body and your inner self.

HAWAIIAN LOMI – LOMI MASSAGE

Lomi - lomi is a traditional Hawaiian massage that uses a combination of massage techniques, nut oils, and breathing to restore energy and soothe the body.

It is also known as the “loving hands” massage.

This name helps to explain its principles - the massage works gently yet deeply into the muscles with continuous, flowing strokes, allowing the recipient to relax and give in to the nurturing touch.

Lomi - lomi works from the belief that memories are not just stored in the brain and mind, but also in every cell of the human body.

The long, continuous strokes of the massage are designed to help the body let go of its old patterns and behaviours, which can cause as many stresses and strains as muscle tension.

“Lomi – lomi” translates to “rub rub” in Hawaiian, and reflects the broad, flowing strokes made with the therapist's fingers, thumbs, palms, arms and elbows.

Macadamia, palm and coconut oils are usually used as moisturisers in lomi - lomi massage, to keep the strokes smooth and to nourish the skin.

What is lomi - lomi massage good for?

Lomi - lomi aims to treat the body and mind as one whole being. It is thought to:

- release tension
- assist blood and lymph flow
- eliminate waste and stimulate toxins
- rejuvenate the body
- instil a sense of peace, harmony and wellbeing.

Before you go

The nature of lomi - lomi means that you probably won't be able to wear very much. It's worth remembering that the oils used in massage are not kind to hair or make-up, so you might not want to return to work straight after your treatment.

Avoid eating heavy meals or drinking alcohol in the hours leading up to your massage.

What to expect from a lomi - lomi massage

Instead of being covered with towels, you might just have one towel or a small sheet to preserve your modesty.

These steps are taken to avoid interrupting the continuous flow of the massage.

Lomi - lomi usually begins with a period of stillness between therapist and recipient, sometimes with the therapist's hands resting lightly on the recipient's back.

During this moment of stillness, a traditional lomi - lomi practitioner would say a blessing or prayer, asking for whatever healing is needed.

The therapist will work intuitively with your body, with fluid, rhythmic strokes to release and shift tensions.

There is no set format for the massage itself, so no two Hawaiian massages are the same.

The treatment may be slow and relaxing or faster and more invigorating, depending on how your body responds.

You might find that the therapist massages two different parts of your body simultaneously - this is to stop your brain from focusing on any one area and therefore helps to aid relaxation.

Your therapist may make full-body or under-body strokes, lightly stretch your limbs and carefully rotate your joints.

These techniques are thought to free up your energy flow, and the therapist will perform them very gently, staying within your comfort zone and level of resistance.

Afterwards

You will feel blissfully relaxed after your Hawaiian massage, and nurtured from top to toe.

EMOTIONAL MASSAGE

Most people who receive massage regularly report feeling relief, a sense of peace or increased relaxation.

However, some people may also experience a sudden rush of powerful emotion while receiving bodywork.

Whether it is grief, euphoria, anger, fear or sadness, the phenomenon is known as an emotional release.

The short explanation for emotional release is that because massage may access the soft tissues of the body deeply, that it can unlock emotional energy locked in those tissue.

To understand how emotion can be accessed through the tissue, you will first need to be familiar with body memory. Body memory refers to an interesting capacity of the mind to remember past events when prompted by certain stimuli from the peripheral nervous system.

Not all body memories that surface on a massage table are negative or so intense. Some people may find that they simply have a vague feeling with an emotional charge. Often during a massage, when we relax we may zone out or enter a trance-like state where our conscious mind wanders.

Emotional release massage is beneficial to patients who are experiencing problems associated with injuries, physical trauma, car accidents, challenging life experiences, and surgery.

The release process can be modified to suit the needs of each individual, thereby bringing optimal relief. It can be used as a complimentary therapy to help relieve physical conditions that are intensified by stress, tension, and anxiety.

Emotional massage is a form of therapy that uses the power of the body-mind connection to facilitate change and the healing process, allowing the body to fully recover from traumatic experiences.

Flashbacks that occur during emotional massage are a part of this same memory mechanism.

Remember that emotional release during bodywork is not unusual and is actually a natural and beneficial part of the cleansing, rejuvenating process of massage.

Massage is a healing touch that relaxes and releases.

Welcome that release, accept it as your body's way of finding balance and leading you to a higher state of health, both emotionally and physically.

If you find yourself on the massage table laughing or crying, you are in a true state of body-mind connection.

Go with the experience.

Relax, breathe deeply and allow your body and mind to free itself of the past.

HOT STONE MASSAGE

Hot stone massage is perfect treatment for all who need to restore spiritual and physical balance, who want to relieve stress, relax and regenerate. Applying heat increases blood circulation and metabolism.

Hot stone massage is far more than just a delightful, sensual massage.

Each hot stone massage therapy session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body.

It goes beyond the physical experience of a typical massage to produce a deep penetrating state of physical and mental wellbeing.

Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism.

The premise behind hot stone massage therapy is that the direct heat of the stones relaxes muscles, allowing the therapist access to their deeper muscle layers.

Combining hot stone protocols with a full body massage provides a very healing and effective experience.

The hot stones also expand blood vessels, which encourages blood flow throughout the body.

The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

Benefits of Hot Stone Massage:

- Provides relief from pain associated with fibromyalgia, arthritis, carpal tunnel syndrome and other chronic conditions
- Decreases pain and muscle spasms
- Reduces chronic stress and tension
- Increases flexibility in joints, aiding in easier mobility and movement
- Relieves pain and tension created by strained and contracted muscles

MEDITATION MASSAGE

Meditation massage is a unique experience that combines therapeutic massage to relax the body with guided meditation to calm the mind

Both Meditation and Massage have been found to have profoundly therapeutic effects and when combined Massage and Meditation therapy they have a significantly favourable influence on overall and spiritual quality of life, relative to standard care or either massage or meditation alone.

With this in mind and with the understanding that it is hard for some people to relax and “let go” into a massage, I have developed my own form of Meditation Massage.

During a Meditation Massage session I get the client into a space where they can let go of this past hurt.

It is a totally personal and internal method.

It's not magic, it's simply “letting go”.

During a treatment, when I reach any points of ‘armouring’ within the body, I point out the tension. I then talk the client through a seemingly simple visualisation and breathing technique, whilst feeling for changes within the muscle structure.

There may be one or several points within one body that needs releasing, and subsequent treatments are usually required to unlock further areas.

The massage finishes with relaxing the body and bringing peace to the mind.

ANTI – CELLULITE MASSAGE

What is an anti-cellulite massage?

This hands-on treatment uses stroking, kneading and rhythmic motions to loosen fatty tissues and smooth out the skin's surface.

By releasing the areas where cellulite most commonly appears, the body's natural healing process is engaged.

This can boost blood circulation and collagen production.

Who would benefit from anti-cellulite massage?

Anyone can develop cellulite, regardless of age, body weight, physical exercise or build.

People who may choose to select this treatment:

- Have visible cellulite in problem areas such as; hips, legs, buttocks arms and abs.
- Effective for both men and women.
- Work at a desk for most of the day, or live a sedentary lifestyle with low levels of physical activity.
- Eat a diet high in fat and sugar, or don't drink enough water.
- Have rapidly lost or gained weight recently.

People who should not choose an anti-cellulite massage:

- Have no visible cellulite. Try a deep tissue massage instead.
- Cannot manage some physical discomfort.
- Are at risk of, or currently have any general contraindications, such as; tumours, blood diseases, heart problems or are pregnant.

Anti-cellulite massage potential benefits

1. Breaks down fatty tissue
2. Loosen irregular adhesion between muscle and skin
3. Increase blood flow, which re-oxygenates soft tissue
4. Improve skin performance

It's important to note that these benefits can sometimes only be achieved after a few sessions.

Cellulite is near-impossible to eliminate completely, but regular targeted massage may contribute to a reduction in visible cellulite as part of a wider lifestyle change.

Does an anti-cellulite massage hurt?

Areas of the body where cellulite has formed can sometimes feel extra sensitive, and the firm pressure and fast-pace techniques of this treatment may be slightly uncomfortable at times. If it ever becomes too much, talk to your therapist.

After your anti-cellulite massage

Massages may alleviate the visible symptoms of cellulite, but are a short-term solution for dealing with the underlying problem. Long term results can be achieved by supporting massage treatments with healthy lifestyle, including a diet rich in vitamins and minerals, regular exercise and plenty of water.

THAI MASSAGE

What is Thai Massage?

Thai massage is a form of vigorous massage that dates back thousands of years.

The ancient healing system aims to rejuvenate and energize you.

A therapist stimulates energy flow and clears “blockages” that are responsible for stress and tension. This is done through the use of gentle yoga poses and stretches that the therapist does by manipulating your limbs for you.

For instance, stretches that lengthen your spine also help ensure smooth energy flow in the area, easing lower back pain.

The massage of your face and head targets acupressure points that can help with specific problems in other parts of your body.

Unlike other massages that need you to disrobe, with Thai massage you are fully clothed.

The treatment strengthens the circulatory system, relaxes your nerves, and relieves pain, besides helping maintain overall good health.

It also helps relieve anxiety.

Here’s a look at how much it could help you:

- Reduces Lower Back Pain
- Improves Range Of Motion
- Improves Mood And Eases Anxiety
- Reduces Stress
- Treats Migraines And Chronic Tension-Type Headaches
- Offers Relief For Osteoarthritis
- Rehabilitates After Stroke
- Improves Immune Functions

Who Should Avoid Thai Massage

Thai massage is a little more vigorous than many other massages.

Also, as in the case of all massages, certain health conditions may exclude you from being able to try it safely. That’s because a Thai massage session may actually end up having an adverse effect on your system due to your other medical or health problems.

If any of these apply to you, it may be a good idea to avoid Thai massage.

- If you have any acute illness
- If you have hypertension
- If you are pregnant
- If you are being treated for, or have recently recovered from any kind of orthopedic condition/pain, in the joints/bones
- If you have had a surgery in the recent past or are recovering from it
- If you are very old, this may be too strong a massage for you depending on your health

INDIAN HEAD MASSAGE

Relax your mind, body and soul with the benefits of Indian Head Massage

Indian Head Massage helps increase mobility and flexibility in the neck and shoulders. It improves blood circulation, lymphatic flow and aids elimination of toxins and is particularly good for reducing the effects of stress and tension.

Indian Head massage is a safe, simple yet very effective therapy that not only promotes hair growth, but also provides relief from aches and pains.

The head neck and shoulders are very important energy centers within your body. If you are feeling stressed or angry, tension tends to accumulate here. This tension can later show up as a stiff neck and shoulders, eyestrain and sometimes even hair loss.

Indian head massage involves working with a firm gentle rhythm to help un-knot blockages and release this uncomfortable build up of tension.

How does an Indian Head Massage treatment work?

The aim of an Indian head massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

Indian Head Massage involves massage and acupressure techniques manipulating the soft tissues on the upper back, shoulders, neck, scalp and face.

The effect is not just physical: it works on an emotional level too, calming the mind, promoting relaxation and relieving stress.

Massaging the scalp, face, neck and shoulders relieves eyestrain, improves concentration, eliminates muscular tension and restores joint movement.

Massaging the head encourages the supply of oxygen to the brain, which is one of the best ways of reducing stress. Oxygen helps you think clearly and creatively, the same effect is brought about through exercising.

Indian Head Massage attacks stress in an immediate way by accessing the physical effects. It also aids better relaxation and sleep, the lack of which is often a strong component in stress related illness, which can lead to more serious mental breakdown.

The relaxation opposes the stress response and helps re-balance the process.

By working on Stress, Indian Head Massage has the effect of slowing down behaviour. Time becomes less important for the duration of the massage as sensual awareness takes over.

Afterwards a feeling of being less hurried allows the individual to be less compulsive and more considerate in their outlook.

Thoughts quieten and awareness is brought to the forefront.

What Conditions can an Indian Head Treatment help with?

- Tension Headaches / Migraines
- Tinnitus and other ear problems
- Helps hair loss and thinning
- Muscle tension – neck, shoulder stiffness
- Eye strain
- Insomnia
- Sinus congestion
- Stress, Anxiety, Depression

Contra Action

A contra action is a reaction that occurs after the treatment and is also known as a healing crisis.

Typical contra actions to Indian head massage are:

- Aching and soreness within the muscles, this is due to the release of toxins and the nerve fibres responding to the deep work undertaken during the treatment.
- Tiredness, is due to the release of toxins, which flood the system and also initiate healing energies, which require the body to rest in order to assist in the healing process. The tiredness can be replaced by an invigorating and refreshed feeling soon after the treatment.
- Heightened emotional state, is caused by the cleansing of the mind and emotions, due to the re-balancing of the chakras. Another possibility may be that the client has not had the physical contact of touch in a while.

PRENATAL MASSAGE

Prenatal massage therapy during pregnancy is a wonderful complementary choice for prenatal care.

It is a healthy way to reduce stress and promote overall wellness.

Massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and edema (or swelling).

In addition, massage for pregnant women reduces stress on weight-bearing joints, encourages blood and lymph circulation, helps to relax nervous tension – which aids in better sleep – and can help relieve depression or anxiety caused by hormonal changes.

Therapists take extra care to ensure that pregnancy massage clients are comfortable. Sideline positioning with supportive, soft cushions is used to alleviate the extra strain on the lower back and pelvic areas when the pressure of massage techniques are applied. Extra strain in these areas can cause unnecessary back or abdominal pain.

Relief of everyday symptoms

Massage for pregnant women offers a number of benefits, and it's always a good idea to discuss with your therapist any everyday symptoms you'd like to see relieved.

Those might include:

- Headaches can be relieved by massage focusing on the head, neck and shoulders. In addition, maintaining optimal levels of stress relief through massage reduces the chances of migraines or tension headaches by relaxing trigger points and muscle spasms.
- Muscle tension created by carrying the extra weight of a baby can be relieved by encouraging blood flow to the afflicted areas. This provides more nutrient-rich oxygen and also increases the flow of lymphatic fluid, which sweeps away toxins and metabolic waste.
- Fatigue, backaches, leg cramps and swelling/edema can all be relieved through various types of massage for pregnant women.
- The ordinary aches and pains of pregnancy are countered by the release of serotonin, your body's natural anti-pain chemical, which is stimulated by massage.

While a massage can't promise that your newborn will sleep through the night, it can provide you with a better night's sleep both during pregnancy and afterwards.

Regular massage therapy not only helps diminish anxiety and discomfort but boosts relaxation as well.

This ultimately can lead to improved sleep patterns.

In addition, the serotonin, endorphins and dopamine released by your body in response to massage provide an extra helping of those natural chemicals.

If you experience discomfort at any time during the pregnancy massage, tell your therapist immediately.

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- I would like to encourage everyone to make individual health care decisions mindfully and with one or multiple qualified health care professionals.



Synergy Bodywork Therapy
Improving Life Quality

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