

# Bodywork For Wellness

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## Winter'10 Newsletter

### What's new in 2010 at Bodywork for Wellness?

As we welcome in a new decade and year I wanted to share some of the upcoming opportunities for growth that I will be bringing to my practice. The courses I will be participating in this coming year will be adding tools to my toolbox and great value to our sessions.

My journey began this past weekend when I embarked on a year long (possibly longer) training in Biodynamic Craniosacral Therapy (BCST). This is a bodywork modality that is osteopathic in origin and deeply relaxing. The practitioner uses very gentle contacts with areas of the body to connect with the fluid systems inside us. Depending on who you reference you will find we are composed of anywhere between 75-92% fluid. BCST improves the inherent health of the body by allowing it to correct compensations and reorganize the nervous system. With taking on this year long training, I will be attending classes once per month on Fridays, please bear this in mind when scheduling as appropriate.

As a continuation of my osteopathic training I will be heading out to the west coast in February and August of 2010. I will be attending a class to further develop treatment skills for the cranial base and cervical spine in August. February 18-21, 2010 I will be participating in a class with a focus on Manual Therapy for the Oncology Patient. This class will focus on the management and manual treatment of patients who have been treated for breast, cervical or prostate cancer. Due to the aggressive nature of treatments, patients often have changes in their bodies that can be improved with manual treatment. Please feel free to ask questions about this new training.

As always my passion for myofascial release is still very strong and I will be completing several local classes this spring, emphasizing this modality.

**Thank you!** As always without you, my wonderful clients, my practice would not be as strong. As you have read above, I always try to stretch my mind, hands, and treatment skills to offer the best to you and your friends and family. In expression of my gratitude I would like to mention my referral policy. If you refer your friends and family because you know and trust this work and if 3 of them begin treatment, then you get a "hot potato." This is a session that is complimentary and can be used for yourself or to give to someone who would benefit from my work.

### **Winter Wellness Tip: A Note on Gratitude**

With all the emphasis on negativity in our world, we all can take a minute to focus on gratitude. With many people wanting better health or less pain it can be easy to be distracted by all we don't have or don't like in our lives. Remembering things we are thankful for can improve mood and bring perspective to our lives. We have so many things in America that we often take for granted. With the devastation in Haiti right now we can even be grateful for simple things like hot water, electricity, or shelter. A gratitude journal can be a great way to help ground us in all the wonderful things we do have. Consider writing down 2 or 3 things you have to be thankful for each day, this can be great for one's well being.

If you have a comment or question, or to learn more about Bodywork for Wellness please visit my website or call:

**[www.Bodyworkforwellness.com](http://www.Bodyworkforwellness.com)**

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