



LEVITY INTEGRATIVE WELLNESS

BODYWORK MODALITIES

Bodywork is an unique integration of Eastern and Western modalities addressing complete Mind-Body Connection.



Integrative Somatic Bodywork

Integrative Somatic Bodywork addresses and integrates the body's physical, energetic, and emotional levels. This Healing Art is noted for being simultaneously deeply relaxing and truly invigorating. On a physical level, Integrative Somatic Bodywork releases muscle tension by increasing blood and lymph circulation, improving muscle tone, and thorough muscular facilitation. This creates a feeling of lightness and space in the body and encourages ease of movement. Chronic muscle tension inhibits movement, restricts breathing, and inhibits the free flow of energy or Chi. This gives rise to emotional or creative blocks as well as physical problems. We address these blocks on the energetic level by focusing on energy distribution, balance, and release, encouraging energy to move more freely throughout the body.

On an emotional level, we are always sensitive to the interplay between physical and emotional holding patterns. As body tensions soften and energy begins to flow, a clear sense of consciousness, a renewed sense of inner joy, and a greater capacity for contact result. Sometimes buried feelings may emerge. If this happens in an atmosphere of trust and acceptance, the result can be a great sense of relief, release, and reconnection. The essence of this type of bodywork lies in the practitioner's ability to be centered and remain genuinely connected and present.

Master-level Thai-Yoga

Thai yoga massage is an ancient sacred bodywork that incorporates rhythmic motion, energy line work, gentle stretching, and assisted yoga postures into a comprehensive healing modality. Thai Yoga Massage combines the best of yoga and massage; it is performed on a mat in comfortable clothing and customized to each person's needs and wants. It can provide excellent results to reduce stress, ease discomfort and create profound feelings of relaxation.

Neuromuscular Therapy (NMT)

NMT is a thorough modality of recovery from acute and chronic pain syndromes which utilizes specific massage therapy techniques, facilitated stretching, and home care exercises to eliminate the causes of most neuromuscular pain patterns.

NMT enhances the function of joints, muscles, and biomechanics (movement), and it releases endorphins, the body's own natural pain killers. It can be part of a comprehensive program, complementing all other health care modalities.



Rolfing

Rolfing involves a systematically direct and indirect application of pressure to fascia surrounding muscles, bones, joints, and ligaments as well as movement education intended to help someone further break out of patterns of restriction in his or her daily activities. This holistic approach helps reorganize, realign, and reintegrate the body so that it will be able to move with minimal pain and optimal efficiency.



Deep Tissue - Trigger Points

Deep Tissue is a massage therapy that uses deep pressure to release active trigger points and chronic muscle tension. The main focus of this massage therapy is on the deepest layers of muscle tissue, tendons, and fascia (the protective layer surrounding muscles). This type of massage is often recommended for individuals who experience consistent pain, are involved in heavy physical activity (such as athletes), and patients who have sustained physical injury. It is a great way to address particular muscular-skeletal disorders and complaints through a dedicated set of techniques and strokes that achieve a measure of relief.

Myofascial Release

Myofascial Release is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion. Fascia is a thin, tough, elastic type of connective tissue that wraps most structures within the human body, including muscle. Fascia supports and protects these structures.

Healing Touch

Healing Touch is a compassionate energy therapy in which practitioners use their hands in a heart-centered and intentional way to support and facilitate your physical, emotional, mental, and spiritual health to induce self-healing.

Healing Touch uses gentle, light, or near-body touch to clear, balance, energize and support the human energy system to facilitate and support healing to the whole person: mind, body, spirit. Healing Touch is a complementary, integrative energy therapy that can be used in conjunction with traditional treatments.

