



Holistic health Practice

Pre Delivery Treatment

In the last trimester of pregnancy, one of the major concerns is positioning of the pelvic girdle and alignment of the spine. It is important to make certain that the pelvic floor muscles have enough elasticity to allow for a tolerable delivery. The energetic state of mother and child should be taken into consideration as well -- especially since there is shared energy between the two. Albeit the concerns are gynecological in nature, this is not a gynecological treatment. Nor do we specifically deal with obstetrics. This treatment is designed to assist the mother and child to have a smooth transition without complications, and to create a positive energy release at delivery without trauma.

Since the child is sequestered in an aquatic environment and unknowingly preparing for a journey into a different environment, energetic signals are transmitted to the aquatic environment preparing the child for this transformation. This is done through gentle energetic sound vibrations and hands-on touch utilizing color therapy and energetic rhythms, as well as a balancing of the lower chakras that could impair the delivery. The treatment places the mother in a relaxed state and enhances the communication between her and her child as they prepare for this initiation, and helps to prevent a traumatic experience both for mother and child.

This is a 2 hour treatment. A euphoric feeling generally follows the session; therefore we ask that the mother allow for 30 to 45 minutes to readjust to her normal environment. For example, it is not advised to go immediately back to work or drive a car.

Post Pregnancy Treatment

Ensuing a pelvic challenge due to childbirth, whether natural or Caesarian, the spine and pelvic region becomes misaligned -both energetically and physically. Because the revitalization of the mother is necessary to continue the childrearing process and return to a semblance of normalcy, it is important to reestablish the proper energetic, vibrational and physical structuring.

If the mother is out of balance in any one of these areas while convalescing, she will not be able to operate from her center, which provides the necessary energy to maintain nurturing requirements. Post pregnancy manipulation and energy work balance, rejuvenate and augment the vitality needed, preventing the mother from becoming despondent, depressed, lethargic, irritable & anxiety-ridden.

This is a specialized technique which requires 2 hours of concentrated work with intention. The work is implemented by removing blockages from the lower chakras – 1, 2 and 3 and to regain pre-pregnant levels of vitality and energy. Hands-on healing runs energy through the muscles that make-up the pelvic girdle. A vibrational balancing technique using sound vibration creates gentle manipulation for the purpose of alignment. Emotional release is also achieved working energetically and vibrationally with the 4th chakra.

Nutritional and “well-mother” guidelines for the on-going care and nurturing of the new parent will also be addressed. It is recommended to eat/drink 2 hours prior to this 2 hour appointment.