

# VISITING WELLNESS PRACTITIONER



**Jade Wood**  
*Holistic Therapist*  
1 – 31 May 2018

Jade combines gentle movements and a healing touch to offer supreme wellbeing. A certified craniosacral therapist – a form of nurturing and non-invasive bodywork that centres the self as the catalyst for healing – Jade has also mastered the skills of shiatsu and Thai massage. Jade's bespoke, multidisciplinary treatments honour each individual's soulful connection with their body.

Herself a practitioner of meditation, qi gong and yoga, Jade trained at the School of Sacred Arts in Bali and leads yoga teacher trainings globally, with a focus on integrating anatomy with subtle body energetics to promote profound experiences of embodiment and healing. Join Jade for one-on-one or couples' sessions of Yin or Nidra Yoga and moving meditation.

## Yoga – Gentle Flow and Yin

60-90 mins / USD 150-200++

Connect to your body, breath and qi, optimising your physical and mental wellbeing. A combination of Hatha Yoga for flexibility, balance and posture, and Yin Yoga with longer held poses for tension release and deep relaxation.

Couple's session 60-90 mins / USD 180-240++

## Guided Meditation and Yoga Nidra

60 mins / USD 100

Indulge in the ancient tradition of Yogic Sleep. Jade will guide you with her soothing voice through a meditative practice of awareness. This is a physically relaxing and imaginative journey to connect you with the deep power of the subconscious.

Couple's session 60 mins / USD 140++

## Qi Gong Moving Meditation

60 mins / USD 100

Move slowly and mindfully through standing forms, gathering and transforming the energy in the space around you as if moving through water, dancing with energy. By moving in this way we increase our self-awareness and improve the health of our vital systems.

Couple's session 60 mins / USD 140++

## Craniofacial Massage with Organic Essential Oils

60-90 mins / USD 170-230

This unique treatment combines acupressure facial and head massage, lymphatic drainage, ear reflexology and craniosacral holds to promote deep relaxation. A powerful blend of healing oils promotes skin regeneration, leaving you with a radiant and youthful glow.

## Biodynamic Craniosacral Therapy

60-90 mins / USD 170-230

Initiate healing from within. Using a light touch to encourage the release of any trapped forces, Jade guides your felt sense of awareness. Helpful for pain, tension, headache, inflammation, stress, sleep disorders and emotional imbalances.

## Signature Holistic Therapy

60-90 mins / USD 160-220

A combination of Thai massage, shiatsu and craniosacral therapy, Jade gently moves, holds and massages your body to improve qi flow, restore mobility, and replenish your reserves of energy. Helpful for pain, tired limbs, stress, and any physical or emotional blockages.

## Abdominal Chi Massage

60-90 mins / USD 160-220

A gentle yet deep massage with warm coconut oil that works with your essential reserves of energy held in your belly, or hara. Encourages proper peristalsis of the gut, improved muscular tone, respiratory and hormonal function, and organ detoxification.