

VISITING WELLNESS PRACTITIONER



Robert Hyrsky
Specialist Bodywork. Craniosacral Therapy. Reconnective Healing
1 – 25 June 2018

With over 20 years' experience, Robert has developed a multifaceted approach to health and wellbeing. His wide range of expertise along with his caring and healing presence has given him a loyal following internationally both in terms of individual sessions as well as group retreats and as a teacher in the healing field. Robert will be in residence to offer his highly acclaimed range of therapeutic treatments.

Therapeutic Massage

60/90 mins

A powerful combination of Swedish Sports Massage, Deep Tissue Massage as well as trigger point therapy and osteopathic soft tissue techniques which provide fast and effective relief from a wide range of our most common ailments such as neck, shoulder and lower back pain, sciatica, headaches and postural issues.

Detox Massage

60/90 mins

A unique blend of Connective Tissue Massage, deep abdominal work, foot reflexology and acupressure points. This intense treatment will effectively break down and release stubborn toxic deposits and metabolic waste in the connective tissues.

Craniosacral Therapy

60/90 mins

Using a gentle touch, this advanced healing modality works at the core of the body, allowing for the rebalancing of the brain, spinal cord, nervous system and fascia, thereby strengthening the body's self-healing capacity. Suited for those suffering from emotional imbalance, digestive disorders, bodily aches and pains and illness.

Reconnective Healing

60 mins

These sessions are an opportunity for you to experience your highest nature in a way that stimulates and supports healing. Such energies which can often be quite intensely felt during and after your session brings a sense enhancement to your body, mind & spirit connection.

The Reconnection, 2 sessions of

60 mins within 3 days

The Reconnection process which need only be taken once in a lifetime serves as an energetic recharge by connecting your chakras, energy bodies, meridians and acupoints to your multidimensional nature, thereby greatly enhancing your evolutionary journey towards self-mastery and illumination.