



## WELLNESS & CONSCIOUS MOVEMENT THERAPY WITH OCEAN BLOOM

01st February – 31st March 2024

Ocean Bloom is an internationally renowned bodywork therapist, wellness coach and retreat leader. She has over 25 years of experience as a Fitness World Champion, Celebrity Personal Trainer and Certified Yoga Teacher. Ocean has worked and studied extensively in South East Asia and Europe. Her pioneering approach combines fitness modalities with the ancient elements of Yoga, Chinese and Thai Medicine to facilitate the return to health not just physically, but also in the mind and spirit. Ocean is the founder and facilitator of "Conscious Movement Therapy". From high profile celebrities and athletes to first responders and trauma survivors, she has helped individuals release emotional blockages and reset their thinking process.

# WELLNESS VISITING PRACTITIONER

### EMOTIONAL RELEASE THERAPY 90 MIN USD 365++

A full-body breath and movement treatment to free up emotional energy trapped inside the body, fueled by trauma and the subconscious mind. Past experiences can cripple our present state, manifesting in the form of irrational and compulsive behaviour. You may feel re-energized, happier and more creative using this powerful healing process.

### CHI NEI TSANG (ABDOMINAL MASSAGE) 60 MIN USD 310++ / 90 MIN USD 365++

A hands-on treatment focused on deep, gentle abdominal massage, helping the internal organs to work more efficiently. This treatment can clear the abdomen of knots and entanglements creating a sense of ease and lightness.

### DETOX MASSAGE (TOK SEN/ GUA SHA) 60 MIN USD 310++ / 90 MIN USD 365++

A powerful cleansing treatment combining deep tissue Thai Massage with vibration (TOK SEN) and gentle scraping (GUA SHA) that flushes and detoxifies the body.

#### Tok Sen ("Clearing Energy Lines") (THAI)

This is an ancient therapeutic healing modality, using wooden instruments to tap away stress and negative blockages and ease muscle tension. This technique stimulates tight muscles and fascia with sound vibration and pressure point stimulation.

#### Gua Sha (CHINESE)

This ancient healing modality is carried out by applying repeated pressured strokes over lubricated skin. This technique increases blood and energy flow throughout the body releasing built up toxins and tension.

### THAI YOGA MASSAGE 90 min USD 365++

A full body treatment performed on a mat on the floor to improve posture, breathing, flexibility, digestion and circulation. Stimulating small acupuncture points and energy lines can free the up the flow of vital energy in the body, accessing and opening areas that cannot be touched directly. Muscles are stretched, inner organs are toned and nervous tension is reduced. Experience a sense of deep relaxation and peacefulness while awakening and rejuvenating your body and mind.



## WELLNESS VISITING PRACTITIONER

### **SOUND HEALING BODY MASSAGE 60 MIN USD 310++**

Balance your nervous system with this Tibetan bowl sound bath. Singing bowls can activate, cleanse, unblock, and clear stuck energy. Increases emotional and mental clarity, reduces stress, anxiety and feelings of overwhelm. The singing bowls are placed on and around parts of your body creating varying vibrations and sounds allowing vital energy to flow freely.

### **EXPRESS RESET /RE-ENERGIZER 45 min USD 265++**

Back, Neck & Shoulder Massage

Enjoy a little of everything and feel instant relief of tension, This treatment offers the sensation of vibration, meridian tapping (TOK SEN) and Scrapping (GUA Sha) complete with Sound Healing

### **YOGA 60 min USD 310++**

Interactive sessions exploring new patterns of movement, sound, breath-work and meditation. Create a deeper connection to your five bodies (physical, mental, energetic, emotional and spiritual) to improve postural alignment, balance and core strength. Indulge yourself in a physical and emotional journey.

### **RAW FITNESS 60 min USD 335++**

An interactive session focused on reconnecting your body with conscious movement and breath awareness. This session incorporates a variety of training styles utilizing your own bodyweight and sandbags. Increase your cardio and core strength while de-stressing and gaining mental clarity. Empower yourself to move beyond what you may think is possible.

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