

Zen Shiatsu/ Yoga Therapy/ Fertility & Maternity

Tel for appointment



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With Alan Warr MSc DipShiatsu DipYoga

Alan is a Master of Science and has been teaching yoga and bodywork for over 20 years. His 4 children all had natural births. He joined the Western Buddhist Order in the 1980s and healed himself of ME by a combination of yoga, nutrition and self-**Shiatsu**. The Buddhist concept of Compassionate Meditation continues to inform his unique approach to **Shiatsu Therapy** and the manipulation of Universal Energy or **Ki**. Its 3000-year evolution includes many techniques used in Osteopathy, Reflexology, Cranial-Sacral and Reiki.

He has studied **yoga** all over the world and embraced several traditions - **Ashtanga** in India and **Sivananda** in California. His practice is based in the Spiritual Centre of Glastonbury, UK, where he has taught both Pregnancy and Power Yoga. He has also run a Sports Injury Clinic and is a member of the Shiatsu Society's Olympic Committee.

Alan trained in Maternity Care with the world-renowned **Well Mother.Org**. A unique diagnostic enables him to determine the health of the body's vital systems and the techniques of Acupressure, Joint Mobilisation and Meridian Stretching aid the body to tone and revitalise. Specialized Reproductive Meridians enable him to promote fertility to replace or support IVF. Several clients have achieved conception within weeks of treatment.

Zen Shiatsu - 70mins - £40

Diagnostic palpation of the *Hara* identifies *kyo* (empty) areas of the body's vital energy (*Ki*) and tonifies them in a supportive and relaxing series of movements based in the breath. The client experiences *Homeostasis* and revitalisation.

Fertility - Shiatsu - Birth - 70mins - £50

Similar to above but by accessing the body's **Microcosmic Orbit** and *Prana* (breath) Alan is able to directly affect the receptivity and vitality of the uterus and the whole female reproductive system (also works for partners).

Birth Preparation Session - 2½hours - £80

Shiatsu support to mothers and their Partners during the three trimesters and birthing. Emphasis on connecting with mother and baby, practical stress and pain relief using acupressure points, late pregnancy rest and exercise positions, lay use of Birth Preparation ('induction') points for Partners, Birthing Positions & Partner support.