

The Treatment Session:

My treatments are approximately 2 hours in duration. Longer sessions produce more dramatic and longer lasting results. For maintaining balance and health once monthly treatments are suggested. More frequent sessions address chronic problems and help to shift habitual patterns. Wearing comfortable clothing that allows for freedom of movement is recommended.

The first session includes discussing medical history along with individual intentions and goals. An assessment is made based on information provided along with pulse reading and abdominal reflex palpation. More information is gathered from the body tissues as the session proceeds. By the end of the session I will be aware of where you hold tension, body restrictions, the condition of joints, level of flexibility, cranial rhythm, structural imbalances, energy level and the condition of the 12 major meridians of the body. I will use this information to form a treatment plan that will best suit your individual needs. It is my goal is to educate and guide you towards optimum health.

Sessions consist of a fusion of modalities. All the techniques are closely related in philosophy and work on the same model of natural healing. They synergize to promote health and balance physically, emotionally, mentally, energetically and spiritually.

Shiatsu: My primary modality is a form of Japanese bodywork. It is derived from eastern medicine and has the same theory as acupuncture; balancing the meridian system. It is relaxing, restorative and deeply healing.

Craniosacral Therapy: Adjusts the flow of the cerebral spinal fluid, releases restrictions in the spine-cranial bones, and balances energy, the nervous system and thought process. By gently shifting structure you give the body direction and room for change creating more space and flexibility on all levels.

** Detailed descriptions of techniques, more extensive information about my qualifications and professional experience is available on my website.*

Nancy Web ABT, LMT, CYT, BFA RI Lic # 01142, Ma Lic # 5610

- Nationally Certified in Therapeutic Massage and Bodywork (NCTMB) (AMTA) Board Certified.
- MA & RI Licensed Massage Therapist (LMT)
- American Organization for Bodywork Therapies of Asia (AOBTA) Asian Bodywork Therapist (ABT).
- Certified Yoga Teacher (CYT) (KYTA)
- Rhode Island School of Design (BFA)
- RI Massage Crisis Management & Sport Team

Providence Shiatsu: Former Assistant Instructor

Boston Shiatsu: Former Instructor: TCM- Shiatsu

Inner Wisdom Center for Health & Healing, Co
–Director. Internship Instructor –Advanced ABT

Kripalu School of Massage: Program Manager,
Assistant in all aspects of the program

Upledger Institute: Advanced Craniosacral
Therapy & Somatic Emotional Release

**National Institute for the Clinical Application of
Behavioral Medicine (NICABM):** Wellness - Life &
Spiritual Coaching, Energy Psychology. (EFT, TAT,
NLP) Therapeutic Dialoging, Art & Holistic therapy

Landmark: Self Expression & Leadership Coach
Shamanic Training –Spiritual Journeying

**Over 30 years of professional experience teaching
Shiatsu, Asian Bodywork, Eastern Medicine, Yoga,
Qigong & alternative healing techniques.**

I believe that we are spiritual beings having a human experience. It is our goal on earth to be joyful, share love and make a difference. The path to happiness is a road to self-realization and acceptance. True health involves the discovery of balance within. As we learn to accept that our life experiences are part of our spiritual learning, manifesting as human existence, we enter into a space of harmony and ease. Self love and compassion expands beyond us to others and contributes to the health of humanity and the planet as a whole. It is my life purpose to make a difference through guiding others into this space of peace and balance.

NANCY WEB Transformational Healing

**Asian Bodywork Therapy
Shiatsu / Acupressure / Massage
Craniosacral Therapy
Wellness Coaching**



Prevent * Relax * Renew * Heal

INNER WISDOM

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nancyinnerwisdom.blogspot.com

Wickford Wellness Center
610 ten Rod Rd, North Kingstown, RI
(First Tuesday of the Month)

Chair Massage
Available for your business or social event

What is Transformational Healing?

Transformational Healing is a fusion of Eastern & Energy Medicine combined with Shiatsu, Craniosacral Therapy & Heart Centered Bodywork & Coaching. The focus is on strengthening your natural ability to heal and to dissipate the negative effects of stress on the body. Encouraging better overall health and resistance to disease. Each session is unique. In general the treatment may include: Guided meditation along with breath awareness. Palm & finger pressure along the energetic pathways called Meridians. Rocking, rotations and stretching combined with massage and bodywork techniques and energy & chakra balancing. Life style advice may be provided based on my training in Eastern Medicine, Shamanism and the natural philosophy of healing, along with my education in Yoga, therapeutic coaching and spiritual development.

It is my experience that the power of touch and movement is profoundly healing. It has the capacity to access ones heart, soul, inner truth, unique expression and creativity, which is a vehicle to living a healthy, joyful and fulfilling life.

My coaching style is a listening ear, a sharing of concepts, and the ability to gently guide by asking the right questions so you can find the answers from within. The bodywork I do is multi-faceted with technique, cadence and flow determined by your personal body type, level of flexibility, state of health, layers of tension and type of imbalance.

It is my intention to treat all aspects of health. Peeling away layers of stress and armor from the cellular memory within the body & mind. Muscular / skeletal issues are addressed to reduce tension, pain and promote proper alignment. Techniques help to increase circulation, strengthen the immune and adrenal systems, enhance digestion and elimination, and balance the nervous system. Mental and emotional stresses are released and unwound from the body tissues. Energy and vibration (Meridians and chakras) are balanced and tuned.

***Cancellation fee will be charged for missed appointments without 24 hours notice.**

Values and Benefits:

➤ For Your Body

- Preventative care & promote healing
- Increase energy and immune function
- Release muscular pain, tension & stress
- Address chronic & acute health issues.
- Recovery from injury or surgery.
- Improve posture and structure
- Increase coordination and flexibility
- Enhance metabolism & circulation
- Aide detoxification
- Increase breath capacity.

➤ For your Mind

- Alleviate mental stress & tension
- Transform depression and anxiety
- Cultivate concentration & mental clarity
- Increase self-awareness & confidence
- Resolve past emotional or physical trauma.

➤ For your Spirit

- Experience a renewed sense of purpose.
- Honor inner wisdom & find inner peace
- Open channels of creativity
- Nurture spiritual awareness

****Transformational Healing is not meant to replace conventional medical treatment. It is best used as a complimentary therapy to assist in the healing process and maintain health.***

How does it Work?

Transformational Healing uses the power of touch to access the body's energetic system encouraging physical, emotional and spiritual harmony. The goal is to discover the root cause of dysfunction and unwind entrenched patterns. Utilizing a fusion of techniques facilitates the release of habitual restrictions in the body tissues, thought patterns, and nervous system. As layers of tension and stress dissolve, you experience an increased awareness of the body and become more in touch with your Inner Wisdom. This leads to a sense of feeling whole and complete. Physical symptoms dissipate and resolve. Emotions balance, and there is serenity of mind. This process helps to develop a sense of life purpose, clearer focus and feeling at ease in setting priorities. A space of tranquility is created which is a clearing for inner-peace; confidence and creativity that promotes true inner healing and balance.

Testimonials:

"I have a partner in healing, yet I feel more responsible for my own health at the same time. Physically and emotionally balanced, insignificant things no longer bother me. My overall health and asthma has improved and I don't need to use my inhaler anymore."

J. Johnson, Worcester MA

"Nancy's healing sessions and coaching advice, has given me a deeper awareness of myself that I was not previously in touch with. I have been inspired to make many positive changes in my diet, lifestyle and well-being. I am very grateful for all of her help."

J. Boneparth Newton, MA

Colleagues / Clients from Visions Medical Center:

"Wise women, healer, spiritual seeker. She embodies the journey and she reminds me, and all of us, that there are deeper forces moving our lives. A talented practitioner with hands of gold."

"Nancy brings the power of wisdom through a practice that is beyond gentle, nurturing and transformational. She is unbelievably powerful and the delivery of her touch is on angels wings."