



Feel Good News

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Oliviatsu Transforms Our Wounding Through Touch



There are places on and within our bodies that tell the stories of our lives. These areas where we have been cut into, opened, bled, bruised, torn and otherwise hurt physically or emotionally redefine who we are and how we move in the world. These are regions where the body's energy flow has been interrupted or constricted, holding memories, messages and stories.

Our scars and wounds change our body, affecting how we allow ourselves to be touched, seen, revealed and how we approach others as well as how we approach life. It is therefore essential to establish new patterns of thought and movement that will convey positive messages around an area of wounding or a place that is in the process of change. As we move and think in new ways, our body restructures itself around these messages. It is during an Oliviatsu session that we can rediscover what it means to be truly intimate and open with ourselves, with another and with life. An Oliviatsu provides a setting where these areas of pain and life's other signs of transition can be touched.

Book Club Hosts Oliviatsu and Yoga

Oneaka Dail coordinated the Girl's night out event for the Having Our Say Book Club (HOSBC) held at the Homewood Suites Hotel near BWI Airport. Everyone enjoyed relaxation packages that included a choice of 20 to 30 minutes sessions of Oliviatsu treatments, foot bath, paraffin wax and foot massage.

Jana Long, Power of One Yoga, topped off the event with a one hour class. Her studio is located at 5114 Liberty Heights Avenue. She can be reached at (410) 601-0470 or www.powerofoneyoga.com

Shiatsu Therapy Clinical or Medical

Shiatsu therapy can be considered clinical or medical if the following holds true:

1. There are no side effects.
2. The treatment helps an individual experience less pain.
3. The treatment reduces stress-related phenomena.
4. The treatments helps improve well-being in general.

It is clinically and scientifically proven that shiatsu therapy is one of the most powerful methods of stress management. In addition,

Meridian Stretch (Liver and Gall Bladder) (Exercise "L")


1. Spread your legs apart as far as comfortable and place your hands on both knees.
2. Slowly lean to one side and stretch your leg so that one leg is bent while the other leg is extended straight out to the side.
3. Hold that position for a few seconds and feel the stretch along the straight leg.
4. Slowly shift your weight to the other side and hold the stretch. (Repeat 3 or 4 times before inching your feet

Nikken Intelli-Rest Pillow

This space-age pillow with magnetic technology molds to your individual contours. This intelligent pillow responds to how much support your head and neck need, and it adapts according to the warmth and weight of your head and neck. This self-ventilating, open-cell material also helps you feel cool and comfortable all night by dispersing heat and perspiration.

The Intelli-Rest Pillow features magnets, plus a soft, terry-cloth cover for enhanced breathability.

www.5pillars.com/820152300

 **Oliviatsu:** Shiatsu with Olivia, "Quality time well spent caring for your body, mind and spirit."

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