

## Massage

Massage is a healing art. A practitioner with a loving, open heart generates a source of support, inducing a deep connection to self and inner healing. Without Love there is no Healing.

**Deep tissue massage** focuses on the deeper layers of soft tissue, softening the deep muscle structures and breaking up adhesions in the connective tissue layers. It makes extensive use of a deep, slow, concentrated, sliding pressure with the tips of the thumbs or fingers and sometimes the knuckles or palms. Care is taken to thoroughly warm the tissues before applying heavy pressure. Remaining aware of the client's pain threshold is paramount.

**Relaxation Massage** is a softer, more flowing, stroking style of massage. It is very calming to an agitated mind and a stressed nervous system.

**Lymphatic Massage** is applied with both soft and medium strokes to promote the flow of lymph fluids. Care is taken to work in the direction of the lymph flow and in the nodal areas where the lymph commonly gathers. A patient will often feel distinctly lighter after a session.

**Hot Stone Massage** is a great way to deeply relax and de-stress the body. The hot stones provide a sustained, penetrating, soothing heat. The stones can be used to massage the back, neck and limbs. This type of massage is best done in the colder months.

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These techniques are not separate but are blended intuitively to create an individualized treatment which exactly matches the needs of the client.

## Yoga

Deborah has had an interest in Eastern Philosophies, especially Yoga, since her teens. She finished her IYTA Yoga Teaching Diploma in 1999. Deborah teaches with an integrative approach using all her body focused skills with a healthy dose of laughter. Deborah often enhances her work with mantra and sound.

## Meditation and Mindfulness

Deborah uses her study and practices of Hatha Yoga and Tibetan Buddhism to guide her clients towards awareness and connectedness within themselves, to gain insight and to free their grasping mind.



## Radix Body Centred Psychotherapy

Deborah has completed an extensive post-graduate level training in Radix Psychotherapy. A combination of movement, bodywork and breath, Radix is a powerful personal development process or body focused psychotherapy. It promotes change, growth, healing and embodiment. Radix practitioners work with the body, mind and emotions to free old habits, loosen somatic blockages & liberate vitality. The participant is empowered to engage in life more fully.

## Oriental Therapy

**Zen Shiatsu** This Japanese bodywork practice involves the direct stimulation of points on the body with concentrated pressure. Shiatsu, which literally means finger pressure, is a combination of Chinese acupressure with traditional Japanese massage. Shiatsu focuses on the pressure points on the meridians or nerve pathways. It corrects systemic imbalances as well as maintaining joints, tendons and muscles.

Zen Shiatsu is not just a technique but an art form, relying heavily on the awareness of the practitioner for effective results. It is a meditation between two people; it emphasises a close and empathetic rapport between the practitioner and patient.

**Acupressure** Direct pressure on the sore bits, with thumbs or palms or finger tips. Acupressure is used to reduce spasms and stagnation in the soft tissues. Like other Oriental Medicine (OM) techniques, acupressure operates in the context of the full range of OM theories and perspectives.

**Cupping and Guasha** These techniques are closely related and highly effective. They stimulate the circulation of blood and lymph fluids. Cupping acts like a local pump, pulling or drawing on the tissues and thereby dispersing pathogenic factors. Guasha utilises quick friction to achieve a similar result.

**Moxibustion** is simply heating a point with a moxa herb or carbon stick to increase the blood flow to that area therefore helping with the circulation and dispersing the cold to aid in tissue healing.

## Polarity Therapy

The Polarity Therapy health system was developed from a lifelong study of Osteopathy, Naturopathy and Biological Science. It balances the electromagnetic field of the body. The Polarity practitioner uses the resonance of energy in their hands, and the polarity of energy flow, to re-establish harmonious patterns of energy, to release tension and to build a vibratory pattern that supports the self healing ability of the body. Polarity Therapy has a deep calming effect.

Drawing on 30 years experience with Remedial and Oriental Therapy, Deborah practices a broad range of **Integrative Traditional Healing modalities** including:

- Shiatsu
- Acupressure
- Moxibustion
- Massage Therapy
- Cupping & Guasha
- Buddhist Meditation
- Hot Stone Therapy
- Polarity Therapy
- Sound Therapy
- Reflexology

In particular Deborah's focus is on **Emotional Integration**, seeking to resolve the underlying emotional patterns that inhibit the healing process. Deborah uses all her body focused skills into her **Radix Psychotherapy** sessions.

Deb's clinical approach is **highly individual** and the results she gets are **exceptional**. Her treatments are crafted to give a **deep transformation**. She will take you on a journey and bring you back renewed and with new insight and awareness.

Deborah is a member of:  
the **Australian Traditional Medicine Society**,  
the **International Yoga Teachers Association**  
and the **Australian Radix Body Centred Psychotherapy Association**.



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# Integrative Mind-Body Therapies

with Deborah Jane Burrows



Advanced Diploma of Remedial Massage  
Advanced Diploma of Remedial Therapies  
Certificate of Polarity Therapy  
Diploma of Oriental Therapy  
Yoga Teaching Diploma  
Certified Radix Psychotherapist