

## SOMATIC EXPERIENCING® & KA HUNA BODYWORK

WITH MILES SANDERSON



## FINDING FREEDOM WITHIN

Miles works to promote improved well being and healing closely with the nervous system to find freedom from stress, tension and relief from trauma trapped within the system.

## CARING FOR PEOPLE ON THE ROAD TO RECOVERY & FREEDOM

Life and its events can be challenging, which often lead to contraction within the body and mind. Sessions with Miles help to identify how to let go of holding patterns and create more of a sense of peace and harmony throughout the whole system. This can often feel like having a greater sense of self and more capacity to function well.

**ADDRESS:** 78 Bangalow Road, Byron Bay

**WEBSITE:** [www.thehealthlodge.com.au](http://www.thehealthlodge.com.au)

**PHONE:** 02 6685 6445

## WHO IS IT GOOD FOR?

- + People who have suffered from shock/trauma
- + People who have tried lots of modalities and don't seem to get results but know there is room for improvement
- + Ideal as a standalone therapy or in conjunction with talk-therapies
- + Post-pregnancy care and support for mothers
- + PTSD - discharging accumulated energy within the system
- + Digestive issues - more 'rest and digest' through the parasympathetic nervous system
- + Sleep - less pressure & anxiety means more rest & life force
- + Balancing emotions and enhancing ability to be with them

## RETURN FOR WELLNESS

Sessions can be a mixture of massage and therapy. Treatments are designed to help find relief from accumulated stress, trauma and tension, offering tools to find more freedom and peace within. Through hands-on and spoken techniques we work together to find harmony in the system in a way that feels safe and supportive which promotes ongoing health and well being.

Miles offers **1-hour sessions for \$120** and for a more spacious session allowing you to really sink in **1.5 hours for \$150**.

Alternatively, invest in your health by purchasing a **3 session package for \$300**, consisting of 3 x 60-minute sessions.



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