



Tybee Wellness Retreats

## Available Services – Energetic Therapy

### **Reiki**

*1 hour and 15 minutes \$155*

Reiki is a spiritual healing practice that brings the body and mind back into balance. It works on all levels – physical, mental, emotional, spiritual – regardless of age or state of health. Reiki encourages self-healing, and a Reiki treatment typically creates a feeling of relaxation, relief from pain, a reduction of stress or anxiety or expectations, and greater clarity.

### **Energetic Cord Cutting**

*60 minutes \$135*

Personalized guided energy work to release the bonds of the past. The practice of cord cutting helps to recover energy that has been lost and to re-establish healthy energetic boundaries. As we move through our lives we must necessarily let go of that which no longer serves us. When we let go, we create space. Cutting energy cords helps to move through transition without the burden of carrying the weight of the past. It frees us to move forward with lightness and a sense of openness.

### **QiGong**

*90 minutes \$175*

Qigong (pronounced chee-gong) is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises.

### **Craniosacral Therapy**

*60 minutes \$135 90 minutes \$175*

A holistic healing practice that uses light touch to balance the craniosacral system in the body, including the bones, nerves, fluids, and connective tissues of the cranium, spine, pelvis, and extremities.

The craniosacral rhythm (CSR) is separate from the heart rhythm and the breathing rhythm. Using a gentle touch, the therapist works to balance the flow of the CSR and release fascial restrictions. Once the cerebrospinal fluid moves freely, the body's natural healing responses can function. Craniosacral therapy can be effective in treating many disorders. It is often used as part of a treatment plan in addressing neck pain, back pain, sacral/pelvic pain, headaches, fibromyalgia, osteoarthritis, sciatica, chronic sinus infections, chronic fatigue, depression, TMJ dysfunction, whiplash, gastrointestinal issues, sympathetic nervous system overdrive, and stress.

### **Access Bars**

*60 minutes \$135*

The Access Bars are 32 bars of energy that run through and around your head. Every thought, idea, attitude, and belief that you have ever had are stored in these energy bars as an electromagnetic charge.

The electromagnetic charges get locked in your brain, solidifying the energy and limiting your point of view and capacity to move forward. An Access Bars Session releases the electromagnetic charge from the thoughts and emotions which hold limitations in place. The limiting points of view are thus deleted, giving you access to your consciousness. During an Access Bars session, the practitioner lightly touches any of the 32 specific points on your head which, when held, dissipate the electromagnetic component of past thoughts, feelings and emotions.

This is a gentle, relaxing process, undoing limitation in all aspects of your life that you are willing to change. The limitations are eliminated at their source by undoing the unconscious mental blocks that create these limitations.