

What is Acupuncture?

Acupuncture, a component of traditional Chinese medicine, is the strategic insertion and manipulation of fine acupuncture needles on the body for therapeutic effect. Acupuncture can provide drug-free pain relief and may be effective in managing acute and chronic ailments through a holistic approach to treatment, addressing the underlying cause of the condition as well as the symptoms. Evidence shows the impacts of acupuncture on the peripheral nervous system, specifically the stimulation of endogenous opioids, to help regulate pain and stress responses.

What can I expect from acupuncture treatment?

Your acupuncturist uses single use sterile needles inserted into acupuncture points on energy channels or meridians, located on the limbs, torso and head. Treatment is provided with up to 5 other people in a pleasant group or 'community' setting in comfortable reclining seats. As such, participants are not required to remove clothing.

What is Myotherapy?

Myotherapy takes a 'whole of care' approach to affectively assess, treat and manage injuries, pain and dysfunction with the goal of helping people in pain to move and feel better. Myotherapy applies a range of techniques, taking an evidence-informed approach to support client outcomes with a focus on self- management. Myotherapists use clinical reasoning to implement treatment and management programs specific to client needs and health outcomes.

What can I expect from myotherapy treatment?

Treatment applications may include, but are not limited to, dry needling (using acupuncture needles), exercise and rehabilitation planning, massage therapy and joint mobilisation.

What is Trauma-sensitive movement?

Drawing from the disciplines of yoga and qigong, a trauma-sensitive approach to gentle movement enhances choice and control encouraging participants to focus on their own experience. This facilitated and supported movement experience allows participants to foster a healthier relationship with their body and improve general feelings of wellbeing.

What can I expect from participating in a trauma-sensitive movement class?

If you are joining a trauma-sensitive movement class, you will be asked to wear comfortable clothing, to remove your footwear and to join other participants in the community space for an hour of gentle and mindful movement and relaxation. Light refreshments and an opportunity to discuss your experience of the session with the group are optional at the end of the class.

What is Shiatsu Therapy?

Shiatsu is a therapeutic form of acupressure, muscle meridian stretching and corrective exercises derived from Japan. Shiatsu involves applying pressure to the body using a practitioner's thumbs, palms, elbows, knees and feet. It is founded on the principles of Traditional Chinese Medicine theory that energy moves through channels within the body, known as meridians. Shiatsu practitioners aim to restore the balance of energy through meridians in order to promote health and strengthen the body's healing abilities.

Like most natural therapies, shiatsu is based on the assumption that the body is a self-healing organism, and that the role of the practitioner is to aid and support that naturally occurring process. Shiatsu can assist an individual with their self-development and self-healing; balancing the underlying causes of a condition and addressing physical and psychological functions; promoting health and strengthening the body's own healing abilities.

What can I expect from shiatsu treatment?

The person receiving shiatsu remains clothed or is covered by a sheet and treatment usually takes place on a futon on the floor.