

BODYMINDMOVEMENT

FOCUS ON SUBTLE
BODY BALANCE FOR HEALTH AND WELLBEING

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by Kate Jones
Somatics Practitioner

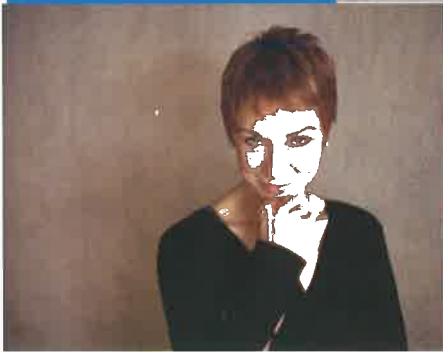
Somatics/Integral
Bodywork

Movement Educator &
Counseling

Mindfulness-
Embodiment
Education

Integral Bodywork

Massage as Therapy



Experiencing field resonance in the client *getting well & being well*

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another; but the components of our body's structure (organs, bones, blood, etc., even our thoughts & our emotions) effect the very sense of who and what we are, as well as our state of health.

Whether the fields around each organ or system of the body is weakening or strengthening --- everything flows.

It's easier to follow the stream of subtle energy to know what it favors, than to swim against the current.

We are only now, in our current cultural era, beginning to remember how to track our own subtle energy currents and restore balance to this natural field of flow when it becomes imbalanced. We also have the ability to learn to amplify this currency of life force to

maintain and increase our vitality, immunity and well-being.

The beauty of hands on work with my clients, allows me to "hear" and "feel" the currents of life-force as they are moving. This allows a direct link to the wisdom of the body & its imbalances.

I am Kate Jones of **BodyMindMovement**. In the work I offer, I am always listening to and participating with the energetic field resonance of my clients. The work optimizes the client's ability to restore balances of well being and natural vitality even as the presenting concerns are addressed directly in movement, bodywork & counseling.

*Quantum Healing by Deepok Chopra

Life Energy, or subtle body energy flows through all things, and underlies every structural form of our bodies.

The body is constantly in motion and has its' own energy field. The body's field is connected to all other fields in ways we are only beginning to understand.

Not only are the macro fields (every human, every community, every animal, every building, etc.) affecting one

To learn more about balance, health & your subtle body **call Kate Jones 415.613.6507**