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Qigong and Trauma

Trauma impacts so many individuals on a daily basis, if we ourselves have not experienced it someone close to us has. The way trauma shows its effects can be broadly different from person to person but one universal similarity is how it changes your life and you never feel the same again. Science has come to understand the physical nature of Trauma and how it can linger in the brain and internally in the body for years after the actual event or experiences. Techniques like Emotional Freedom Technique (EFT) have been known to effectively support the nervous system in resolving the impulses left by trauma. Another ancient and invaluable technique for trauma is Qigong and Meditation and with similar principles these tools can bring great healing momentum to resolving the effects of Trauma.

Andrea Sullivan was inspired to pursue Holistic healing modalities like, Qigong and Tai Chi arts from a young age with the support of her family. Andrea completed her Shiatsu Anma training in 2004 and is dedicated to support others in their progress toward health. She continued her Medical Qigong, Chi Nei Tsang and Thai Massage Bodywork education with Sarina Stone and Master Mantak Chia. Currently Andrea offers bodywork sessions for Shiatsu massage, Sound therapy, Thai Massage and Chinese Abdominal Massage. As well as private instruction in Universal Healing tao, Medical Qigong, Chinese abdominal massage, and sound therapy. To learn more go to www.phoenixhealinghands.com and book an appointment.

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