

AMATSU

Spinal and Cranial Alignment.

Gentle & Deeply Relaxing

Allowing the body to let go of pain and distortion, calming the mind.

CONDITIONS TREATED

Back and Neck Pain,
Muscle and Joint Pain,
Limb Pain, Sports Injuries,
Whiplash, Sciatica, Arthritis,
Headaches, Tinnitus, Jaw Pain,
Postural Problems, Scoliosis,
Irritable Bowel, Acid Reflux,
Insomnia, Stress.

Amatsu is a physical therapy, derived from ancient Japanese warrior healing arts. Amatsu lets the body let go of postural difficulties, easing joint and muscle pain. Gentle safe techniques are used to relax muscles and strengthen ligaments. Amatsu treats the whole body from feet to head.

An amatsu treatment may include:

APPLIED KINESIOLOGY

Known as muscle testing, is used as a biofeedback tool, gaining information on the functioning of muscles, joints and organs. It is a test of response not a test of strength.

BALANCED LIGAMENTOUS REFLEX REPATTERNING

Works with the nervous systems response and control of the ligaments, by holding or gently moving the limbs enabling the body to let go of repeating injury patterns. This enables the ligaments and muscles to be rebalanced, easing joint pain and improving mobility.

BODY & CRANIAL BALANCING

Gentle techniques including working with the cranio-sacral rhythm, (a subtle rhythmical motion throughout the body thought to be caused by the flow of cerebro spinal fluid, a fluid which protects the brain and spinal chord.) These techniques ease restrictions in the body and cranium, ease pain including sinusitis and headaches, improve circulation and enhance the functioning of the internal organs.

ACUPRESSURE

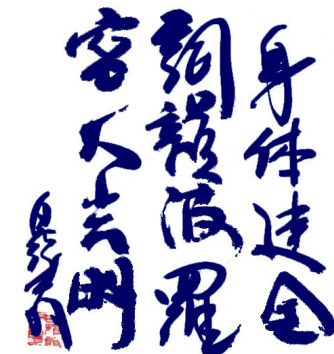
Applying gentle pressure to Kusho points (special points) located by palpation and observation. This improves and balances all fluid and energy flows, enabling the body's structures to balance themselves.

REMEDIAL MASSAGE

Gentle massage may be given which combines Japanese and Western massage techniques to relax, condition and tone the muscles and improve circulation. This is often given through the clothes throughout the whole treatment.

ADVICE FOR CLIENTS

It is helpful for clients to wear loose comfortable clothing for the treatment and to allow a few moments after the treatment to relax and ground themselves. For a couple of days afterwards the body may clear toxins and continue to rebalance itself. During this time it can be helpful to ensure you get plenty of rest and drink water to keep the body hydrated. Immediately following a session clients often feel immediate benefits: lighter and taller from improved posture, in good cheer, rested, relaxed, great reduction in pain or pain free, increased mobility.



HISTORY AND DEVELOPMENT OF AMATSU

Amatsu in its present form has primarily been developed by Dennis Bartram (Hartlepool, England) from his 40 years experience and study in many bodywork fields including osteopathy, cranio-sacral and martial art. William Doolan (Dublin, Ireland) brought Amatsu to Ireland, and in conjunction with Dennis, has assisted in the further development of Amatsu.

Amatsu incorporates healing arts from Bujinkan (Ninjutsu) martial art and modern bodywork approaches.

Dr Masaaki Hatsumi PhD, Soke (Grand Master) Bujinkan has been tutoring Dennis, and William in the ancient warrior healing arts and has granted them full teaching rights of the ancient school of Hi Chi Bu Ku Goshin Jutsu. This is an ancient school of healing, from which many martial arts (including Bujinkan) were derived. Hi Chi Bu Ku Goshin Jutsu, (the tradition of the secret flower opening school for the defense of self) roughly translates as - by the spear to develop the spirit within. Information from ancient scrolls has been passed on to Dennis, and William, bringing previously secret knowledge to the west.

Amatsu is a living and growing healing art under going constant development.

QUALIFICATIONS

Shoden & Chuden Amatsu (Anma & Seitai)
Amatsu Training School, Dunlaoghaire,
Co. Dublin.

Healing Massage

Moytura Healing Centre, Dunlaoghaire.

Indian Head Massage

Barbara O'Donovan, Harmony Healing,
Dublin.

Energy Healing

Moytura Healing Centre, Dunlaoghaire.

Reiki 1

Angela Gorman, Dublin.

Reiki 2

Ann Slevin, Inst of Psychosocial Medicine,
Dun Laoghaire, Co. Dublin.

Reiki 3 Reiki Master

Ann Slevin, Inst of Psychosocial Medicine,
Dun Laoghaire, Co. Dublin.

Trish is a member of The Amatsu Association
of Ireland. www.amatsu-ireland.com

Trish continually upgrades her skills by
completing continuing practitioner
development courses annually.



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Japanese Natural Therapy
Spinal & Cranial Alignment



Back & Neck Pain,
Muscle & Joint Pain,
Sports Injuries, Stress.

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