



## Evergreen Swims

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# Bodywork In the Water

“Nothing in the world is as soft and yielding as water,  
Yet, for dissolving the hard and inflexible,  
Nothing can surpass it.” ~Lao-tzu

Many of us receive bodywork, be it Reiki, Massage, Meditation, Reflexology, Healing Touch Acupuncture and so much more. Is it possible to apply these methodologies to an Aquatic Environment and if so, why would you?

When I mention bodywork in the water I often hear, “Oh, you mean Watsu.” Wonderful in it’s application and results, it’s only one of so many I like to utilize. In ancient times European bath houses, Turkish Hamams, Onsens, and hot springs all embraced our communion with water and it’s ability to release healing through our movement with it. Our culture is new to these applications; those who founded it were not.

My passion is to explore and experiment how water can restore and heal. By melding my knowledge of the dynamics of water with our bodies and how to maximize the two when they meet I am not limited to traditional land vs. water modalities.

1. **Aqua Stretch:** This new method is quickly gaining ground. It was developed by a physical therapist for myofascial release in the water focusing on restoring mobility and relieving chronic aches and pain. It allows your body to intuitively target and assist to release specific restrictions in the fascia. As your muscles are in a fluid state, I am able to access and manipulate much more. This is not gentle touch, more like the pressure of a massage.

Applications: Pain Management and Injury Prevention increasing Range Of Motion.

2. **Bag Ragaz:** Not as intuitive as Watsu but may look similar except flotation devices are utilized. This therapist- assisted motive is to effect musculature elongation, relaxation and relieve pain. The goal is to improve proprioceptive and neuromuscular

functioning using the turbulence and resistance of the water with intention.

Applications: Rheumatoid and Osteoarthritis, Pre and Post Surgery, Fractures, Neurological Conditions, Spinal Cord Injuries, Parkinsons

3. **Cranial Sacral Therapy:** Developed by and Osteopathic Physician, John Upledger after he witnessed at that time the unidentified rhythmic movement during a neck surgery. Using very gentle, hands-on approach I release tensions in the soft tissue surrounding your Central Nervous System. As our bodies experience stresses and strains restrictions can develop around our spinal cord and brain deeply affecting the efficiency Central Nervous System and often the other systems it interacts with. The result in water is greater melding of therapist and patient due to the medium of water conducting our own body currents at a greater rate. There is no table to interfere and the way your body releases allows restrictions to ease away more efficiently. As I mentioned, this is specific melding of therapist feel with your body's intuition to release restrictions.

Applications: Autism, Colic, TMJ, Migraines, Chronic Headaches, Osteopathic Problems, PTSD, Traumatic Brain Injuries, Fibromyalgia, Learning Disabilities, ADD/ADHD, Any Central Nervous System Disorder, Chronic Fatigue, Fibromyalgia, Spinal Cord Injury, Chronic Neck and Back Pain, Motor Coordination Problems

4. **Watsu:** Founded in the 80's after studying Zen Shiatsu in Japan, Harold Dull brought it to us to benefit from. This is guided by therapist intuition with the patient unconditionally allowing movement although you can request you do not go underwater. It relaxes the sympathetic and para-sympathetic nervous systems.

Applications: Trauma, Neuromuscular Injuries, Chronic Pain and Stress.

This is not an exhaustive list as there are many like myself seeking to enhance offerings in the miraculous healing modality of water. It is truly and new frontier in alternative and medically backed healing. If you have any fear of water that keeps you from benefiting from this wealth of health please contact us. We have already helped so many reconcile with water.

Call or email so Kim can set up your free 30 minute consultation with Courtney in the water where we assess which modality or mix of them can best serve you! [www.evergreenswims.com](http://www.evergreenswims.com) or 720-432-5240