



## **Private Sessions**

Kim will guide you step by step to help you connect with your inner wisdom teaching you skills of orientation, recognition, and how to embrace the freedom of being who you truly are as you learn to live your life authentically.

A session may include any of the following to assist mind/body/spirit integration:

### **Essential Presencing & Process Work**

-Inquiry and perceptual navigation- multisensory access and direct experience of the living medicinal properties of the souls innate wisdom.

### **Ortho-Bionomy**

-The Homeopathy of Bodywork- a neuro-muscular re-education system.

### **Cranial Sacral**

-Biodynamic Energy Medicine- activates our innate healing mechanism.

### **Resolution Of Trauma & Injury**

-Bridges & Reconnects Synapses- creating a safe environment.

In person sessions may be sitting or laying down. Distance sessions are by phone or Skype.

Subtle bodywork can compliment your essential exploration, for everything is recorded in the cellular memory of the body/mind. Gentle informed touch can offer a powerful way through layers of resistance and armoring that can be supportive rather than traumatizing. Since 1971 Kim has trained in over 30 different energetic, quantum, spiritual and somatic body based systems that continue to influence her practice today.

Kim is a certified member of the Society of Ortho-Bionomy in the advanced practitioner program. She also completed Kathy Kain's Touch Trauma Resolution of Injury course based on Peter Levine's Somatic Experiencing work and participated in Kathy's on-going Trauma Resource study group for six years in the S.F. Bay Area.

Her Cranial training came from Hugh Milne, Upledger, and the cranial classes included in Ortho-Bionomy, Touch Trauma trainings and private tutorials. In addition she is a Third Degree Reiki Master and has studied with Richard Bartlett of Matrix Energetics, Eric Pearl of Reconnective Healing, Dr. Bob Marshall of PRL, Vianna Stible of Theta Healing, Access Consciousness, Bioenergetics, Accupressure, Valentina, Misha, and more...and wishes to thank all of her instructors, faith healers, shamans and guides who have generously nurtured and inspired her growth both seen and unseen so lovingly and faithfully!

While these are some of the modalities that have helped to shape her energy work and bodywork practice, it is wise to remember that the greatest teacher of all is the Loving Guidance of Grace... the living intelligence and innate Wisdom of our authentic Self... the Beloved... a Matrix birthing potentiality... Love creating life ready to be actualized at any moment, the Baraka-the Brilliance-You!