



Zero Balancing



With Mandy Humphrey

Zero Balancing is a deeply relaxing, gentle hands on therapy that focuses on the joints of the body which have little or no voluntary movements, such as the spine and feet. Holistic in its approach Zero Balancing focuses on the whole body, rather than just the point of injury, aiming to help the body regain its optimum balance both physically and mentally. The work is done through clothing using a series of hand held stretches and gentle finger pressure points encouraging a deep sense of peace from within

Improve joint function and posture with greater ease of movement
Relief from physical pain and discomfort ~ Release emotional trauma
Increase mental clarity

60 minute session £40 (10% discount Pack of 4 = £144)

Please contact Mandy directly to book 07710 440894

zerobalancing@mandy-humphrey.co.uk



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