

My Background



I'm Christine Cosby and I have always had a deep desire to help people and decided to fulfill this desire in September of 2009 when I enrolled into the Connecticut Center for Massage Therapy in Newington, CT. I received my massage license in May of 2011 and mainly offered therapeutic massage during the first few years as a massage therapist. In addition, I enrolled in more specific courses for head & neck as well as pregnancy. I learned about Bowen therapy from my naturopathic doctor in CT back in April of 2014. I began regular sessions shortly afterwards and have loved the tremendous benefits (greatly reduced low back pain). Since I was unable to massage due to health issues, I decided it was time to learn Bowen therapy to expand upon my massage certification. I do keep my massage license (#16579) current in order to provide various soft tissue therapies to my clients. I am currently in the process of learning the Emmett Technique to complement Bowen.



Certified Health Coach

I seek to educate, motivate, and encourage people who are struggling to eat well and make positive changes to their diet in order to help them become healthier individuals who can go about their day feeling energized and better about themselves. I studied at the Dr. Sears Wellness Institute to become a certified health coach because of their core values: quality science, strong ethics, and integrity.

Services offered

Group sessions

Individual sessions

Smart Shopping Trip

Pantry Makeover

For families who might need a simple solution to help them eat more fruits, veggies, berries, and omegas, I will gladly share what my family has been using for over a decade now to stay healthy.

HOLISTIC BODY THERAPIES, LLC

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Professional Bowen Practitioner

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INVEST IN YOUR HEALTH WITH HOLISTIC BODY THERAPIES



Where whole food nutrition and soft tissue therapies bring balance to the body



The soft tissue therapies offered may assist with recovery from:

Hay Fever	TMJ Problems
ADD/ADHD	Asthma
Back Pain	Fatigue
Tennis Elbow	Fibromyalgia
Tight Hamstrings	Ankle Sprains
Headaches	High/Low Blood Pressure
Insomnia	Neck Pain
Ear / Throat Issues	Frozen Shoulder
Arthritic Pain	Carpal Tunnel Pain
Constipation	Stress
Depression	Migraines
Colic	PMS
Digestive Issues	Fluid retention
Traumatic Injuries	Balance
Fertility Issues	Tinnitus
Anxiety	Scoliosis
Bronchitis	Hernia
Knee Pain	Sciatica
Diarrhea	Shin Splints
Overuse Injuries	And more...



Soft Tissue therapies offered...

Bowen Therapy is a unique therapy created by Tom Bowen. It uses light to moderate pressure to perform moves on the soft tissue usually over acupoints. These moves send signals to the brain and spinal cord via the soft tissue(fascia) to initiate the relaxation of the muscles.

- Bowen addresses the body as a whole by helping to improve circulation, lymphatic drainage and the elimination of toxins.
- Bowen stimulates the body's autonomic nervous system to rebalance.
- Bowen is gentle on the body. It is effective and appropriate for anyone to receive.

Emmett Technique is another unique body therapy created by Ross Emmett. It is a recognized technique used to ease pain and discomfort, increase movement and improve quality of life.

- Emmett is an understanding of the body's response to light touch. The body reacts in a similar way to the working of a touch-screen. Your brain is the hard-drive and your body is the keyboard.

WHAT TO EXPECT IN A SESSION...

- Please wear lightweight, loose-fitting clothing that can easily be worked through
- A health intake form will be completed and you will be asked about the reason for your visit
- When you receive the work, you will rest on a massage table or in a chair; whichever is more comfortable
- You can expect to be on the table or in the chair for 20-60 minutes
- After a series of moves, I will make sure you are comfortable and then leave the room to allow your body a brief rest period to respond to and integrate the moves just done.

WHAT TO EXPECT AFTERWARDS...

Some changes may be noticeable right away:

- Please drink plenty of water (at least (2) 8oz glasses) to help your body flush the toxins
- Reduced pain
- Greater range of motion and ease of movement
- A sense of relaxation and well being

HOW MANY SESSIONS DO YOU NEED?

- Chronic issues tend to need more until individual starts to feel better
- When you feel you need another session otherwise