



OCEAN BLOOM





## ABOUT

Ocean Bloom is an internationally renowned bodywork therapist, wellness coach, and retreat leader. With over 25 years experience as a Fitness World Champion, Celebrity Personal Trainer and Certified Yoga Teacher, Ocean's pioneering approach combines fitness modalities with the ancient elements of Yoga, Chinese and Thai Medicine, to facilitate the return to health not just physically, but in the mind and spirit as well.

Ocean is the founder and facilitator of "Conscious Movement Therapy". Her extensive studies in South East Asia have provided her with a comprehensive skill set that incorporates Yoga, Breath Work, Thai Yoga Massage, and Emotional Clearing Techniques. She is pleased to offer deep healing and transformative life-changing treatments. She has worked with high-profile celebrities, athletes, first responders, and trauma survivors, to help them release blockages and reprogram their mind-body balance.



# WHAT IS CONSCIOUS MOVEMENT THERAPY?

CMT is a centering approach to transforming physical, emotional and energetic blockages, in a way that is empowering and up lifting. It is an extraordinarily powerful full-body healing treatment, which often provides immediate results to its recipients. CMT sessions combine Dialogue, Breath Work, and Thai Yoga Massage, to connect each person to his or her own inner guide.

Whether you are motivated by a desire to transform one or more aspects of your life, or you have physical and emotional issues that are causing discomfort, illness, trauma or addiction, CMT offers you a way to release and address patterns and behaviors that are affecting your mind, emotions, body and overall health.



# WHAT TO EXPECT IN A CMT SESSION

In a 90-minute session you are heard, acknowledged, guided, and empowered. Also, you are given resources to create greater presence and self-awareness. CMT sessions will help you release the energy trapped in your body caused by painful events from the past. Also, it will help you get clarity on what is happening in the present and provide you with tools to move forward in a meaningful way.



# HOW CMT WORKS

CMT is about getting to the core of our feelings and beliefs, and physically clearing emotions by working through challenges and energetically flushing the nervous system in a direct and powerful way.

CMT is facilitated through the combination of 6 different types of therapy. Its core is based around Breathing (Prana-Energy), Meditation, and the physical movements rooted in Yoga and Thai Massage. Subtle Neuro-Linguistic Programming and Emotional Freedom Tapping techniques are used to access the subconscious.

There can be a huge separation between our thoughts and feelings, our conscious and subconscious. We often tell ourselves one thing when we are feeling something completely different. The body holds memories, trauma, pain, guilt, shame, and stress. Even joy is blocked in its tissues. If these trapped experiences are held for too long without a release, the body starts to break down and create illness.

We can be unaware of our feelings, we may have suffered trauma and blocked things out, we may not feel safe enough to speak our truths, or we may fear being judged. The beauty of our body is that it always tells the truth regardless of the story that the mind is running.

In CMT the breath and the body are used to release and clear what couldn't be said or acknowledged. After a CMT session, you will experience a feeling of calmness and lightness, and you will appreciate a greater perspective and awareness of self and others.

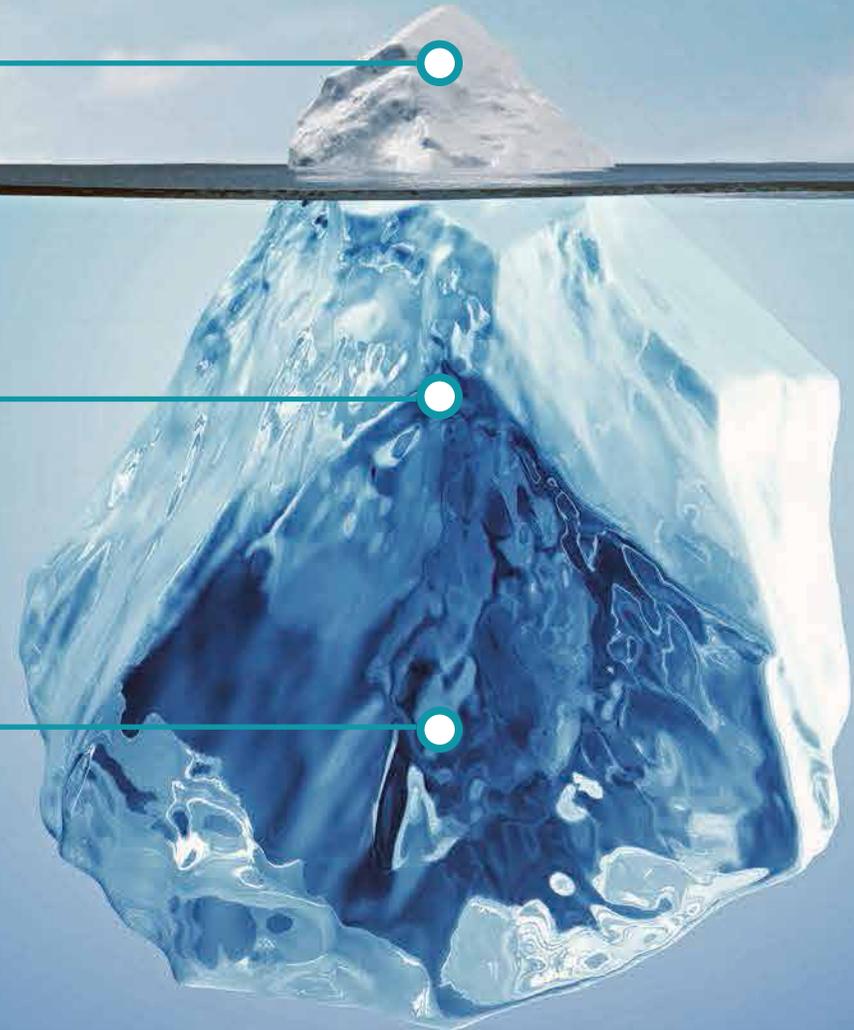


# THE WAY CMT WORKS

CONSCIOUS

PRE-CONSCIOUS SUPER EGO

UNCONSCIOUS ID



# ISSUES THAT CAN BE ADDRESSED

- × Addictions & Cravings
- × Anger
- × Frustration
- × Anxiety/stress/worry
- × Compulsive behaviors
- × Confidence issues
- × Fears/phobias
- × Feeling lost/stuck/uncertain/insecure
- × Financial worries
- × Grief/guilt
- × Insomnia
- × Low self-esteem
- × Post traumatic stress disorder (PTSD)
- × Relationship issues
- × Resentment
- × Self-hatred/self-doubt





## NLT (NEURO-LINGUISTIC TAPPING) IS A COMBINATION OF NLP & EFT

We are not always clear about who we are and what we want, but with a little love and support we have the ability to rebuild our identity and find our lost selves.

The more we learn to see our vulnerabilities and how they are affecting us, the easier it is to transform and move through our past traumas and addictive thinking patterns. With guided support you will learn tools for self-empowerment, enabling you to be truly present in your body, relationships and life.

## ABOUT NLP

Neuro-Linguistic Programming (NLP) is a system of linguistic and mental tools that create rapid changes to the ways we think and feel, by altering the way that we represent thoughts in our minds.

## ABOUT EFT

Emotional Freedom Technique (EFT) is a proven energy-based technique that releases mental, emotional and physical stress by stimulating the body's Meridian systems. By tapping certain Meridian points around the body with your fingertips, it is possible to break down and release years of emotional pain within a very brief period of time.





## DEEP RELEASE THAI YOGA MASSAGE

Improve posture, breathing, flexibility, digestion and circulation. By stimulating small acupressure points and energy lines we can free the up the flow of vital energy in the body, accessing and opening areas that cannot be touched directly. Muscles are stretched, inner organs toned and nervous tension is reduced.

Ocean integrates meditation and breath work in the treatment. Often, a sense of deep relaxation and peacefulness is experienced after a session. This is also a great introduction for those wanting to start a yoga practice.

# CHI NEI TSANG

## (ABDOMINAL MASSAGE)

The Taoist sages of ancient China observed that humans often develop energy blockages in their organs that result in knots and tangles in their abdomens. The negative emotions of anger, fear, depression, worry, and anxiety cause the most damage. Problems can also arise from stress, drugs, surgery, poor food and alcohol, bad posture and overworking. Chi Nei Tsang helps release toxicity and stagnation from the organs by flushing the lymph and recirculating the blood. By detoxifying the digestive system, food can be processed more effectively, and the bowel, kidneys and bladder function better. This massage treatment will also help alleviate neck, back and shoulder pain, as well as issues in the pelvis, hips and legs.





# DETOX MASSAGE

## ENJOY A FUSION OF CHINESE, THAI & OIL MASSAGE

This is a powerful and calming treatment that flushes and detoxifies the body, combining deep tissue massage and stretching with vibration (TOKSEN) and gentle scraping (GUA SHA).

### TOK SEN “Clearing Energy Lines” (THAI)

This is an ancient therapeutic healing modality, using wooden instruments to tap away stress and negative blockages in the body and ease muscle tension.

This technique stimulates tight muscles and fascia with sound vibration and pressure point stimulation.

### GUA SHA (CHINESE)

Used to treat more than 200 diseases, Gua Sha is carried out by applying repeated pressured strokes over lubricated skin using a White Buffalo Horn.

This increases blood and energy flow throughout the body, releasing built up toxins and tension.

60/90/120 Min

# YOGA (HATHA, POWER, YIN, TRANCE DANCE)

During a 75-90 minute class you can explore new patterns of movement, sound, Breath Work and Meditation. Ocean offers energetic Vinyasa Flow sequences to create a deeper connection to your physical, mental, energetic and emotional bodies, and improve postural alignment, balance and core strength.



## RAW FITNESS

Become vibrantly alive and re-connect to your body with conscious movement and breath awareness. Raw Fitness incorporates a variety of training styles utilizing your own bodyweight and sandbags. Increase your strength, cardio and core work while de-stressing and gaining mental clarity. During our 60-minute session Ocean encourages, supports, and empowers you to move beyond what you may think possible.



# TESTIMONIALS

*“Thank you for what has literally been three of the best days of our lives. You have grounded us in mind, body & soul in ways we never thought possible. It has been such a treat to have our one-on-one sessions with you each day. You are truly special and we will take your words and inspirations with us. We’re really looking forward to coming back again next year.”*

**JILL & GEMMA**  
London, UK.

*“Thank you so much for your truly amazing energy and healing treatments. You have added a new dimension to the meaning of the word “Wow” as it was all I was able to utter to describe my session, and yet it was so much more. By all means you enabled the stopping of time and reflection on thoughts and events that I didn’t realize were stopping me from moving forward.”*

**MEGAN**  
Dubai, UAE, Dubai, UAE



*“Together we go places we wouldn’t go alone”*

## Ocean Bloom

Bend Your Body, Mend Your Mind

Conscious Movement Therapist

Fitness & Yoga Retreats

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