

CONSCIOUS MOVEMENT THERAPY

WITH OCEAN BLOOM

Ocean Bloom is an international Bodywork Therapist, Yoga Teacher, and Fitness Coach with over 25 years of experience in the wellness space. She specializes in Trauma Release, Emotional Clearing, Detox Treatments, Thai Yoga Massage, and Sound Healing. Ocean's practice provides a safe haven for those seeking relief from physical pain, anxiety, stress, and PTSD.

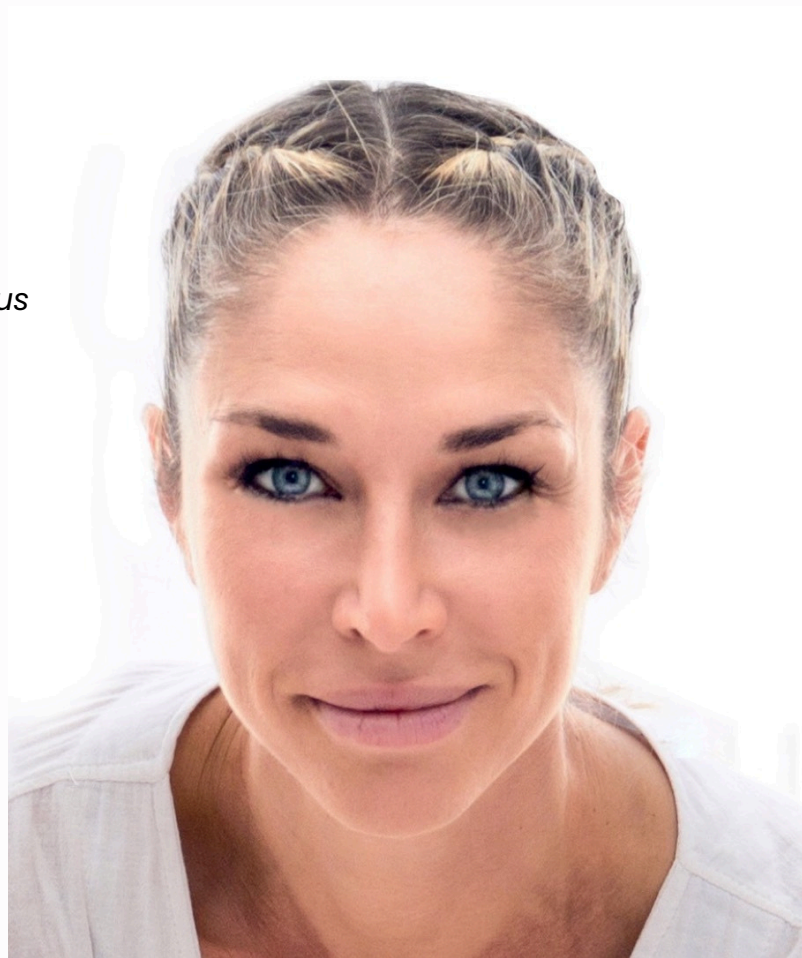
Ocean is the founder and facilitator of "Conscious Movement Therapy" (CMT). From high-profile celebrities and athletes to first responders and trauma survivors, she has helped individuals release emotional blockages and reset their thinking process.

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TREATMENTS

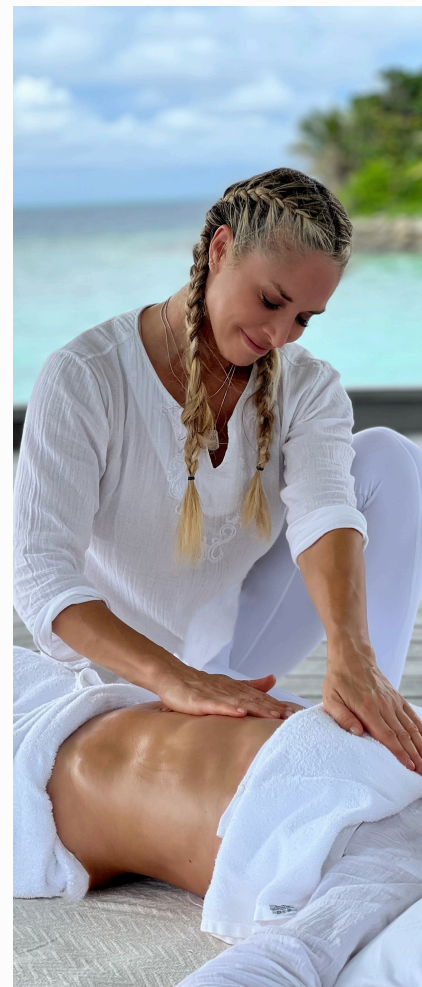
B E N D Y O U R B O D Y M E N D Y O U R M I N D

R E L E A S E T H E I S S U E S I N Y O U R T I S S U E S

Experience the power of Conscious Movement Therapy (CMT), where ancient healing meets modern wellness.

This unique approach helps release stored trauma and tension without the need to verbalize past experiences, making it accessible across language and cultural barriers.”

Ocean’s curated services are designed to rejuvenate your body, mind, and spirit, integrating deep healing techniques, emotional release, energy recharge, and profound relaxation. Choose from offerings, each available in 60- or 90-minute sessions, with the option to create a package or extend your experience by an additional 30 minutes.



TREATMENTS

RELEASE THE ISSUES IN YOUR TISSUES
~ EMOTIONAL RELEASE THERAPY
60 MIN | 90 MIN

"Are you emotionally overwhelmed or struggling with feelings of anxiety, depression, sadness, or anger that manifest not just emotionally but physically in your body?"

This transformative treatment is crafted for those carrying the weight of emotional burdens and stress, overwhelm, grief, and PTSD. Combining the healing power of Thai massage, meridian tapping, abdominal massage detox techniques, Tok Sen, and guided breath-work meditation to target and release emotional blockages. This massage encourages the release of stored tension and trauma, providing a pathway to release deeply stored emotional tensions. This comprehensive approach not only alleviates physical discomfort but also paves the way for emotional healing, empowering individuals to release the past and embrace a future of emotional resilience.



~ ABDOMINAL MASSAGE CHI NEI TSANG
- HEALING FROM WITHIN
60 MIN | 90 MIN

"Do you suffer from bloating and digestive issues?"

Chi Nei Tsang is an ancient abdominal massage therapy, practiced for over 3,000 years, originating from traditional Chinese healing arts. The name means "working the energy of the innermost organs." This practice focuses on detoxifying and balancing internal organs to allow for the free flow of chi (life energy).

This specialized massage uses warm coconut oil infused with lemongrass, providing significant relief from bloating, constipation, and other digestive discomforts while promoting overall gut health. By improving digestion and detoxifying the body, Chi Nei Tsang can be a valuable complement to weight loss programs, naturally balancing body weight.

Benefits include:

- Natural Anti-Aging: Improved detoxification and circulation contribute to healthier skin and reduced signs of aging.
- Emotional Clarity: The massage clears emotional congestion stored in the organs, promoting mental clarity, stress reduction, and emotional balance.



TREATMENTS

~ BALINESE MASSAGE
— RELIEVE TENSION
60 MIN | 90 MIN

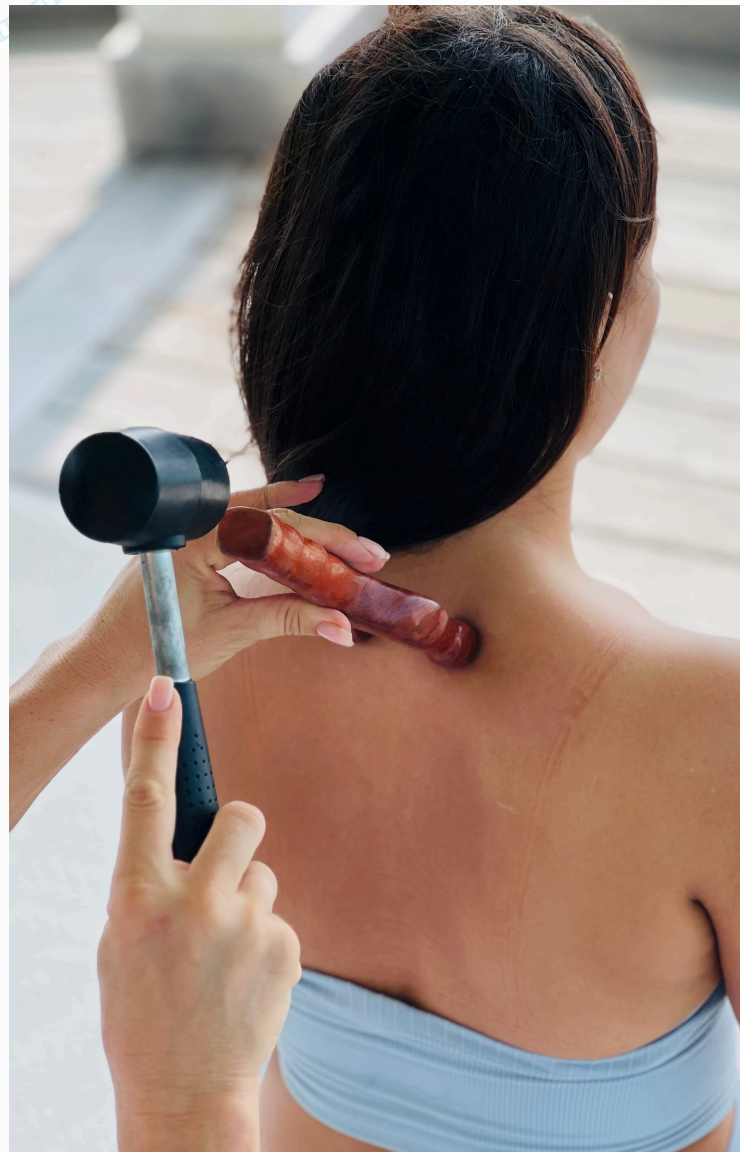
"Do you feel physically or emotionally drained and need to restore balance?"

Balinese massage is a luxurious and holistic treatment that blends gentle stretches, acupressure, and aromatherapy to enhance blood circulation, oxygen, and energy. This massage uses long, flowing strokes and deep pressure to ease muscle tension, calm the nervous system, and enhance overall well-being.

~ DETOX MASSAGE NECK /
SHOULDERS & BACK MASSAGE
ALLEVIATE HEADACHES | STRESS &
TENSION
60 MIN | 90 MIN

"Do you suffer from tension, headaches, a stiff neck and body?"

This unique therapy integrates the ancient art of Gua Sha with Tok Sen and therapeutic vibration, targeting the deep-seated knots and blockages that contribute to discomfort, tension and headaches. The Gua Sha tool gently glides over the skin, promoting blood circulation and lymphatic drainage, aiding in the expulsion of toxins and the rejuvenation of tissues. The addition of vibration therapy enhances this process, stimulating nerve endings to further relax and calm the nervous system. This holistic approach not only offers immediate relief from physical stress and tension but also instills a lasting sense of calm and relaxation, revitalizing both body and mind.





TREATMENTS

~ ZEN FLOW THAI YOGA MASSAGE WITH
BREATH - WORK

- RELEASE MUSCLE TENSION

- IMPROVE FLEXIBILITY

- RE-ENERGIZE

60 MIN | 90 MIN

"Do you feel stiff and struggle with low energy? Are you coping with persistent pain and limited flexibility?"

This therapeutic practice, deeply rooted in the traditions of Ayurvedic medicine and yoga, involves a combination of stretching, movement, and pressure applied by the practitioner's hands, feet, knees, and elbows. During this session, the receiver is guided through yoga-inspired postures and assisted stretches. This practice enhances flexibility, reduces stress, improves circulation, and balances the body's energy systems.

Delivered on a floor mat with participants fully clothed, Thai Yoga Massage fosters a deep sense of relaxation and rejuvenation, making it an effective way to relieve muscular tension, enhance mobility, and boost overall well-being.

This practice blends assisted stretching, acupressure, and rhythmic movement to create a deeply therapeutic and relaxing experience, setting it apart from traditional massage therapies.



TREATMENTS

~ WARM WATER THERAPY DEEP
RELAXATION

- EASE TIGHT MUSCLES
60 MIN | 90 MIN

*"Are you struggling with anxiety, excessive overthinking,
or restlessness?"*

A Sound Healing Therapy bowl filled with warm water is gently moved over the receiver's body as they rest comfortably on a massage table. The vibrations from the bowl, combined with the warmth of the water, travel through the body, creating a soothing and therapeutic effect. This process enhances relaxation, calms the nervous system, releases physical tension, unblocks energy pathways, and promotes overall well-being, making it an ideal therapy for those seeking deep relaxation and inner peace.



~ VIBRATIONAL THERAPY
- GROUND YOURSELF
60 MIN

In this soothing treatment, a Sound Healing Therapy bowl is placed directly on the receiver's body and gently played. The vibrations generated by the bowl resonate deeply through the body, targeting the nerves and muscles. The gentle vibrations help release tension, reduce muscle stiffness, and calm the nervous system, fostering deep relaxation and grounding. This therapy is particularly beneficial for those seeking to alleviate stress, improve circulation, and achieve a profound sense of inner calm.



TREATMENTS

~ CHAKRA BALANCING SOUND HEALING
60 MIN REDUCE STRESS, ANXIETY & PHYSICAL TENSION
- INCREASE CLARITY & FOCUS

"Are you feeling out of alignment and struggling to find your center in the chaos of everyday life?"

This ancient practice is ideal for those navigating the stresses of modern life, health enthusiasts looking to enhance their physical and emotional wellness, and spiritual seekers aiming to deepen their meditative experiences. By employing the resonant frequencies of Tibetan singing bowls, gongs, and bells, this meditative technique aligns the body's energy centers (chakras), fostering a state of harmony and revitalization. Bowls are placed and played around the body's energy centers.



~ TIBETAN SERENITY SOUND BATH MEDITATION
60 MIN FOR INDIVIDUALS, COUPLES OR GROUPS

"Are you feeling overwhelmed by the hustle and bustle of daily life or searching for a unique way to begin or deepen your meditation practice?"

Immerse yourself in the healing vibrations of a Tibetan sound bath meditation, a serene journey designed for individuals, couples, or groups seeking a unique bonding experience and profound relaxation.

This session utilizes the ancient sounds of Tibetan singing bowls to envelop participants in a cocoon of healing frequencies. As the sound waves wash over you, they facilitate a deep meditative state, promoting healing, balance, and connection at all levels of being.

Perfect for anyone looking to escape the hustle and bustle of daily life, deepen their meditation practice, or experience a unique and restorative date or group activity.

GROUP CLASSES

~ DYNAMIC YOGA FUSION HATHA, YIN,
VINYASA POWER, YOGA TRANCE DANCE
60 MIN | 75 MIN

"Do you want to feel more grounded, energized, and focused in your daily life?"

Integrating various styles of yoga with breath-work, meditation, and dance to the backdrop of hypnotic and calming music offers a multi-dimensional approach to wellness that nourishes the body, mind, and spirit. This fusion encourages deep breathing and mindfulness, enhancing oxygen flow and reducing stress levels, while the physical postures increase strength, flexibility, and balance.

Dance elements introduce a joyful, expressive quality that stimulates creativity and emotional release. The inclusion of calming music not only aids in maintaining a rhythm during practice but also deepens the meditative aspect of the session, promoting a state of relaxation and mental clarity. This holistic practice cultivates a sense of harmony and inner peace, making it an effective antidote to the pressures of modern life, and offering a path to improved health, vitality, and wellbeing.



STRONG, FLEXIBLE, & GROUNDED RAW FITNESS TRAINING 60 MIN

Raw fitness training outdoors with sandbags combines the invigorating challenge of high-intensity interval training (HIIT) with the versatility and resistance of sandbags, creating a dynamic workout that significantly enhances strength, flexibility, coordination, and endurance. The HIIT component ensures a high-calorie burn and increased metabolic rate, both during and after the workout. Furthermore, the flexibility and coordination required to maneuver the sandbags through various movements enhance body awareness and agility. This combination of natural elements, resistance training, and high-intensity bursts provides a comprehensive workout that promotes physical and mental resilience.



WORKSHOP OFFERINGS

YOGA TRANCE DANCE
MOVE INTO ALIVENESS
- 60 MIN

Enjoy dance, music, and movement in this energizing experience that celebrates the body and liberates the mind.



COME INTO ALIGNMENT
60 MIN

Learn to clear and transform emotions with awareness. This practice includes sound healing, guided journaling, and gentle movements. Gain quick, easy tools and techniques for self-regulation, grounding, and self-soothing.



YOGA NIDRA SOUND JOURNEY
60 MIN

Mind and body harmonize to the soothing tones of an array of vibrational sounds for total peace and relaxation. Immerse yourself deeply in this guided yoga Nidra meditation to improve your mental and emotional well-being.

PARTNER POWER STRETCH
60 MIN

Savor the gift of presence, touch, and profound connection during this partner yoga and assisted stretch session.



CONTACT

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TOGETHER,
WE GO PLACES WE
WOULDN'T GO ALONE!

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