

Mary Newing

Bios

Short Bio

I am a yoga and chi kung teacher and a Thai massage therapist and reiki practitioner. I have been working at festivals (mostly music) since 2007 offering therapies from a tent and running workshops. I also run a holistic practice based in South West London and build websites and teach IT.

Long Bio

Mary has been offering treats in a tent during the summer and running a holistic practice in West London during the winter since 2007. Initially working as MMM she renamed her offerings to Stillness Therapy feeling it better encapsulates the focus of her work. Sessions with Mary are a blend of her skills based on your needs to help you take control of your own wellbeing.

Mary's initial training was Thai Massage which she continues to deepen by training with highly respect teachers from around the world. She has broaden her offerings over the years by studying Reiki, Indian Head Massage, warm bamboo, Japanese Facials and Shamanism.

Personal practice is vital to Mary, as she understands that ultimately all healing comes from within. She has a long standing interest in Yoga having studied with Angela and Victor as well as taken her teacher training with Shivananda in India. She also practices Chi Kung and Tantra and has been privilege to work with some amazing and inspiring teaches such as Elemental School of Chi Kung in London, John Hawkin and Celtic Tantra.

www.StillnessTherapy.co.uk

Qualifications

- ★ Thai Massage Diploma (102 hours) - July 2006 - Body Wisdom School
- ★ Advanced Thai Massage (48 Hours) - May 2007 - Body Wisdom School
- ★ Advanced Intensive: Advanced Sen Line Theory and Therapy (50 hours) - August 2011 - The Sunshine Network/Felicity
- ★ Advanced Intensive: Advanced Thai Abdominal massage (30 hours) - September 2012 - The Sunshine Network/Felicity
- ★ Indian Head Massage Diploma - December 2006 - ITEC
- ★ Reiki Master in Usui System of Natural Healing - August 2009 - Kevin Silester
- ★ Reiki Drum - February 2011 - Sarah Greg
- ★ Japanese facial rejuvenation - September 2014 - Doe Warners MRSS BrDMP, ITEC
- ★ Oriental Warm Bamboo Massage Therapy - August 2017 - Zen Tranquility Holistic Beauty Training Studio
- ★ EDEXCEL Level 3 BETC Certificate in Life Coaching Skills and Practice - October 2009 - Newcastle College
- ★ Yoga Siromani Teacher of Yoga - January 2009 - Sivananda Organisation
- ★ Relax and Renew© Trainer - March 2010 - Judith Hanson Lasater, Ph.D, PT
- ★ Relax and Renew© Advanced Trainer - March 2012 - Judith Hanson Lasater, Ph.D, PT
- ★ Chi Kung Teacher Training Programme - Sept 08 to Jun 2010 - College of Elemental Chi Kung
- ★ Chi Kung Inner Alchemy I - Sept 11 to Jun 2012 - College of Elemental Chi Kung
- ★ Chi Kung Inner Alchemy II - Sept 12 to May 2013 - College of Elemental Chi Kung

Offerings

Thai Massage

Sessions: 1hr, 1.5hrs or 2hrs

Thai massage (also known as Thai Yoga Massage or Traditional Thai Massage) is a mixture of general pressure, pressure on energy points and yoga style stretches. The

whole body is covered, generally starting with the feet and ending with the head and face. The massage is received on the floor, in light loose clothing, preferable of natural fibres, which allows free movement.

Thai Abdominal Massage

Sessions: 1hr

An ancient practice for treating a wide variety of complaints physical and energetic. The gut is the centre of our being, the place we process everything and receiving massage can help to clear and create flow both physically and emotionally unblocking and making space.

This treatment can help to relieve constipation, bloating, menstrual problems, back pain and encourage detoxification.

Thai Foot Massage

Sessions: 30 Mins

A pampering treat for the feet and lower legs. We start with stretching and acupressure to stimulate, release toxins, encourage lymph flow and improve flexibility. The treatment finishes off with a soothing and nourishing natural oil massage to relax and unwind you.

Reiki

Sessions: 30Mins, 1hr or 1.5hrs

Reiki is an ancient healing system derived from Tibetan Buddhism that uses a laying on of hands to channel energy. Reiki is a combination of two Japanese words Rei - "Gods Wisdom or Higher Power" and Ki "life force energy" hence Reiki means "spiritually guided life force". Ki is the same as chi (Chinese) and prana (Indian) which the free flowing of, is the aim of yoga, T'ai chi and Acupuncture

Indian Head Massage

Sessions: 30Mins

Traditional Indian Head Massage is focused on the head but the western version incorporates some Swedish style massage and includes the shoulders, upper arms, neck and face.

Indian head massage is excellent for relieving stress and helping to release tension in the muscles of the upper back and neck as well as relieving congestion in the sinus. It stimulates and balances body, mind and spirit.

Japanese Facial Rejuvenation Massage

Sessions: 30Mins or 1hr

This eastern massage uses natural oils and acupressure points to bring vitality to facial tissues, helping to relax tension held in the face, head and upper torso, cleanse the tissues of toxins, improve muscle tone, and promote healthy circulation of blood, fluids and chi (energy). This refreshing and uplifting tonic for the upper body also has a beneficial effect on the whole body.

Warm Bamboo Massage

Sessions: 30Mins or 1hr

Warm Bamboo Massage is a wonderful treatment using heated bamboo sticks of various sizes to knead and roll out knots and relax tense muscles. It is a deep tissue massage which really helps to elongate the muscles and soft tissues which can increase mobility and aid relaxation/pain relief. Combining the traditional benefits of massage with the comforting experience of heated wooden rods, it is the perfect massage to counter the effects of stress, tension and lack of rest. (This treatment requires access to power to heat the sticks)

Image



stillnesstherapy.co.uk

Other Images





