

Reflexology and Bowen therapy treatments
for relaxation, pain management, and stress relief



Ruth Schippers RN

- 25 years as a Registered Nurse (specializing in emergency medicine and palliative care)
- Qualified as a Registered Reflexology Therapist in 1998
- Completed 2-year Holistic Health Program at Langara College in 2001
- Certified Bowen Work Therapist by the Bowen Therapy Academy of Australia in 2007.
- Member of the Reflexology Association of Canada since 1998
- Certified ongoing training has included: Cranio-sacral Reflexology, Sport Bowen, and Bowen Bridge – Level 1 and Special Procedures level 1 of Bowenwork.
- Currently working on Bowenwork Special procedures 2 which offers more moves for difficult problems and cranio-sacral reflexology advanced.
- Member of the Natural Health Practitioners of Canada

Spring has sprung.

March brings with it all the new shades of green and many other colors. We are beginning to enjoy longer and hopefully warmer days soon. My daffodils were beginning to bloom just prior to our untimely snow fall. Many of you will be increasing your outdoor activities with the warmer and longer days. Some of you will find tight or sore areas in your body.



Remember Bowenwork is a wonderful relaxing treatment that releases this tension and helps you with more flexibility allowing you to enjoy your outdoor pursuits with more vitality and enjoyment.

Here is a note that came across my desk this month I would like to share with you:

Girlfriends are good for the Soul!

They Teach It at Stanford

"I just finished taking an evening class at Stanford. The last lecture was on the mind-body connection - the relationship between stress and disease. The speaker (head of psychiatry at Stanford) said, among other things, that one of the best things that a man could do for his health is to be married to a woman whereas for a woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends.

Physically this quality "girlfriend time" helps us to create more serotonin - a neurotransmitter that helps combat depression and can create a general feeling of well being. Women share feelings whereas men often form relationships around ac-

tivities. They rarely sit down with a buddy and talk about how they feel about certain things or how their personal lives are going. Jobs? Yes. Sports? Yes. Cars? Yes. Fishing, hunting, golf? Yes. But their feelings? Rarely.

Women do it all of the time. We share from our souls with our sisters/mothers, and this is very good for our health. He said that spending time with a friend is just as important to our general health as jogging or working out at a gym.

In fact, he said that **failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking!**

Please make time for sharing with friends and family.

Preparedness

Oak Bay Emergency Program

PUBLIC INFORMATION SESSION

Christchurch, New Zealand Earthquake

Please Join Us!

Tuesday, March 8th, 2011

7:00 pm

Windsor Park Pavilion upstairs

2451 Windsor Rd.,

between Transit and Newport Ave



Services

Bowenwork:

A gentle, safe, effective method that triggers the body to heal itself. Most symptoms are relieved with just 2-5 treatments!

Reflexology:

An ancient healing technique that is done on the feet, hands and ears. In modern times science has been able to map out the body on the feet, hands and ears. The reflexes are reached and stimulated with pressure from the practitioner.