

Breathing Space - Tools for Wellbeing

List of Sessions

Breathing Space Session

Initial consultation (60-90 mins): £80
generally, this consists of finding out what your health needs are, taking a health history, sharing a reflective technique and some active bodywork in the form of Do-in or Taiqi Qigong, followed by shiatsu bodywork. We conclude with a discussion of what the practitioner has found, how you have experienced the session, and discussion of diet, exercise, lifestyle changes that may be helpful, and to consider the session pattern appropriate for you.

Programmes:

Following an initial consultation, it can be helpful to decide on a programme of treatment – the dates are in your diary, and gives you an opportunity to receive a series of sessions on a regular basis, which can be helpful for general health and wellbeing management as well as working into particular conditions.

Breathing Space Treatment Series: Introductory Programme £270

6 treatments over three months.
4 sessions at weekly intervals, then 2 at monthly interval;
or 6 sessions at 2 weekly intervals (exact timing may depend on availability)

Home visits: £10 flat fee + 50p per mile from Simpson Village Milton Keynes. A preliminary visit is likely to be advised to check the space available for suitability.

07905 504418 / wellbeing@scanlon.me.uk / www.shiatsuhealth.com
Director: Catherine Scanlon

One-off or individual follow-up sessions

These may comprise a mix of Bodywork (oriental exercise, reflective technique and Japanese shiatsu)
25-30 minute session - A shorter session, either appropriate in a health fair situation, or possibly for e.g. post-work regular relaxation treatment. £ 30
45-60 mins session £ 58

15 minute shiatsu treatment session £20
Similar – quite brief, but can still create noticeable change in the body. Most frequently available in health fairs, for example.

All these sessions are also available for corporate or on-site bookings – further information available on request.

Breathing Space Continuing Programme

Following the introductory programme, it can be useful to maintain regular sessions at monthly intervals:

3 treatments £138
6 treatments £270

Breathing Space regular monthly session

Following an initial consultation, you may wish to book for sessions at regular monthly intervals – the dates are in your diary so you know you're going to have a session a month.

3 treatments within 3 months £140
6 treatments within 6 months £279

Intensive Programme – to work into a particular condition, you may find that two sessions a week over a month can help you.

8 treatments over 1 month (twice weekly) £320

Executive Life-management – regular de-stress and wellbeing promoter – if you need weekly space to decompress and chill, sessions can enhance deep relaxation and support creative life management.

Weekly sessions (12 in 3 months) £480

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