

On biodynamic massage therapy  
*"I first encountered this bodywork in 2001 and found it to be powerful on many different levels. It very much helped me to 'come home to myself' – which is the simplest way of conveying what I believe 'rebalancing your energy' means."*

On Dragon and Tiger Chi Kung  
*"When I initially learnt it, Dragon and Tiger immediately stood out as fitting in extremely well with biodynamic work. It's incredibly effective at opening up your body, calming your mind and grounding your overall experience – plus it's engaging and fun to do!"*

On Sharing/Meditation Groups  
*"My daily meditation practice is key to my peace of mind and overall wellbeing. It's my experience that many people lack a sense of connection with others and with the world in general, and my sharing/meditation groups are intended to fill this void."*

Vicki Martin

About the therapist/teacher:  
Vicki Martin is a former veterinary surgeon who has studied Chi Kung and other bodymind therapies since 2001.

Biodynamic Massage Therapy is available in Wicken and Cambridge.

Dragon and Tiger Chi Kung can be learnt on a one-to-one basis (Wicken/Cambridge), in weekly classes (Wicken/Cambridge), or at weekend workshops (Wicken).

Sharing/Meditation Groups are run in Wicken.

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Regularly updated information including any new locations, fees and the dates/times of classes is available at:

[www.morealive.co.uk](http://www.morealive.co.uk)

Make 2010  
the year  
you slow  
down and  
reconnect  
with  
your self

Therapeutic Bodywork:  
Biodynamic Massage Therapy

Exercise Classes:  
Dragon and Tiger Chi Kung

Sharing/Meditation Groups

## Biodynamic Massage Therapy

This highly enjoyable variety of bodywork is particularly suitable for anyone who suffers with stress or has undergone a traumatic or emotional event. It also has the potential to alleviate the symptoms of many medical conditions, and provide pain relief.

Biodynamic massage uses a wide vocabulary of touch, from extremely subtle to very deep. As a technique used within psychotherapy, it aims to connect with 'the real you.' It fosters greater self-awareness and overall health (physically, mentally and emotionally), which helps you to sustain in the long term the balance that each session brings to your experience and your life.

It can be a route to becoming more content with the person you are, or more of the person you would like to be.

Touch doesn't just affect the body, it's an interaction that changes the way we feel and the thoughts we think. Biodynamic massage addresses the mind-body connection. Because it meets you as you really are (not how you think you ought to be) it is deeply relaxing and re-energising.

*"The sessions are what you want to make of them – just enjoyably relaxing or, if you wish to go deeper, they can make you examine your beliefs and prejudices – and allow you to change the way you live for the better. It's your choice, but whatever you choose, it's highly recommended."*  
[Client, 2008]

*"My muscle pain improved after every session. I'd recommend this treatment to anyone."*  
[Client, 2009]

## Dragon and Tiger Chi Kung

Dragon and Tiger is a gentle yet powerful seven movement exercise system that's suitable for everybody. Thought to date back over 1,000 years, it originates from the famous Shaolin Monastery in China where it was used to maintain health and prepare mind and body for meditation.

Similar to Tai Chi but much easier and more fun to learn, Dragon and Tiger is a medical (i.e. healing) Chi Kung ('energy work') system based on similar principles to acupuncture. It can be carried out in as little as 15-20 minutes, requires minimal space and no special clothing or equipment.

Dragon and Tiger can help you to:

- heal yourself and maintain better health
- relax and access 'all day energy'
- find peace, joy and contentment
- de-stress and respond more fluently to stressful events
- improve concentration and focus
- gain core strength and flexibility
- improve balance and coordination
- feel more comfortable in your body.

This is a practice challenging enough for sportspeople, easy enough for couch potatoes, gentle enough for the elderly.

*"Of the hundreds of Chi Kung systems which I have personally studied or researched, in my opinion Dragon and Tiger is the easiest complete system to rapidly learn and gain great benefit from. Even when done imperfectly and by people who have limited range of motion or are wheelchair bound, the exercise is immensely beneficial."* [BK Frantzis]

## Sharing/Meditation Groups

These provide an opportunity for people to come together, share something about themselves, meditate (or sit quietly), reflect, and discuss something new which will add inspiration to their lives.