



Ocean Bloom

CONSCIOUS MOVEMENT THERAPY



ABOUT OCEAN BLOOM

Ocean Bloom is an internationally renowned bodywork therapist, wellness coach and retreat leader. She has over 25 years' experience as a Fitness World Champion, Celebrity Personal Trainer and Certified Yoga Teacher. Ocean has worked and studied extensively in South East Asia and Europe. Her pioneering approach combines fitness modalities with the ancient elements of Yoga, Chinese and Thai Medicine to facilitate the return to health not just physically but also in the mind and spirit.

Ocean is the founder and facilitator of **CONSCIOUS MOVEMENT THERAPY**. From high profile celebrities and athletes to first responders and trauma survivors, she has helped individuals release emotional blockages and reset their thinking process.



INTRODUCTION

The beauty of our body is that it always tells the truth regardless of the story that the mind is telling. We may have suffered trauma and blocked things out. We may not feel safe enough to speak our truth in fear of being judged. Our bodies do not know the difference between something that happened yesterday or a decade ago. The body holds memories, trauma, pain, guilt, shame and stress. Even joy is blocked in its tissues. If these trapped experiences are held for too long without a release, they can break down and create illnesses.



WHAT IS CONSCIOUS MOVEMENT THERAPY?

CMT (Conscious Movement Therapy) is centered around transforming physical, emotional and energetic blockages into empowering and uplifting embodiment.

THERE ARE SIX UNIQUE CMT SESSIONS

- Emotional Release Therapy**
- Chi Nei Tsang (abdominal massage)**
- Detox Massage (tok sen / gua sha)**
- Thai Yoga Massage**
- Yoga**
- Raw Fitness**





HOW CONSCIOUS MOVEMENT THERAPY WORKS

CMT is about getting to the core of our feelings and beliefs and physically clearing emotions, flushing the nervous system in a direct and powerful way.

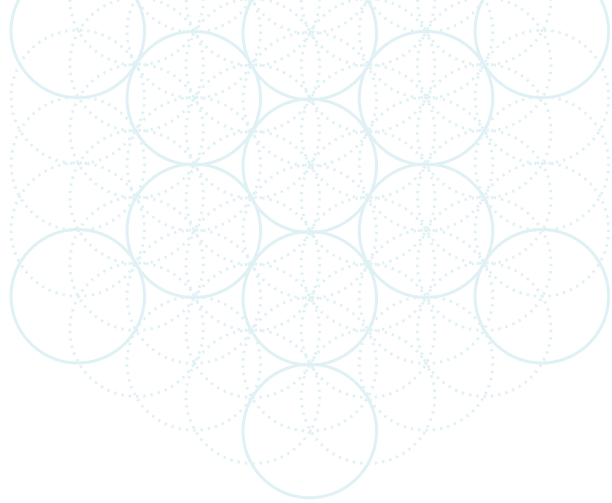
With CMT treatments breath and movement are used to release and clear what couldn't be said or acknowledged. After a session you may experience a greater perspective and awareness of self and others.



ISSUES THAT CAN BE ADDRESSED

- ADDICTIONS AND CRAVINGS
- ANGER AND FRUSTRATION
- ANXIETY/STRESS/WORRY
- COMPULSIVE BEHAVIOUR
- CONFIDENCE ISSUES
- FEARS/PHOBIAS
- FEELING LOST/STUCK/UNCERTAIN/INSECURE
- FINANCIAL WORRIES AND GRIEF/GUILT
- INSOMNIA AND LOW SELF-ESTEEM
- POST-TRAUMATIC STRESS DISORDER (PTSD)
- RELATIONSHIP ISSUES/SEXUAL ABUSE
- RESENTMENT
- SELF-HATRED/SELF-DOUBT





WHAT TO EXPECT

In each session you are heard, acknowledged, guided and empowered. CMT sessions will help you release the energy trapped in your body. Most importantly it will help you gain clarity on what has happened in the past and provide you with tools to move forward.



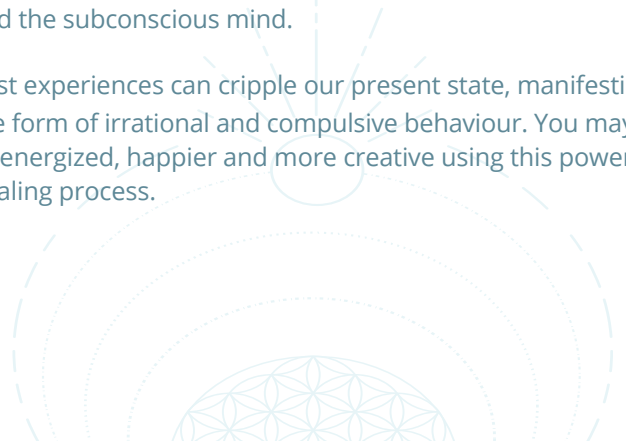


EMOTIONAL RELEASE THERAPY

UNBLOCK AND LET GO

A full-body breath and movement treatment to free up emotional energy trapped inside the body, fueled by trauma and the subconscious mind.

Past experiences can cripple our present state, manifesting in the form of irrational and compulsive behaviour. You may feel re-energized, happier and more creative using this powerful healing process.





CHI NEI TSANG (CNT)

HEAL FROM WITHIN

A hands-on treatment focused on deep, gentle abdominal massage, helping the internal organs to work more efficiently.

This treatment can clear the abdomen of knots and entanglements creating a sense of ease and lightness.

Detoxifying the digestive system will allow food to be processed more efficiently, allowing the bowel, kidney and bladder to function better.





DETOX MASSAGE

SPARK YOUR BODY'S HEALING PROCESS

A powerful cleansing treatment combining deep tissue Thai Massage with vibration (TOK SEN) and gentle scraping (GUA SHA) that flushes and detoxifies the body.

TOK SEN ("Clearing Energy Lines") (THAI)

This is an ancient therapeutic healing modality, using wooden instruments to tap away stress and negative blockages and ease muscle tension. This technique stimulates tight muscles and fascia with sound vibration and pressure point stimulation.

GUA SHA (CHINESE)

This ancient healing modality is carried out by applying repeated pressured strokes over lubricated skin. This technique increases blood and energy flow throughout the body releasing built up toxins and tension.

THAI YOGA MASSAGE

GIVE LIFE BACK TO YOUR BODY

A full body treatment performed on a mat on the floor to improve posture, breathing, flexibility, digestion and circulation.

Stimulating small acupressure points and energy lines can free the up the flow of vital energy in the body, accessing and opening areas that cannot be touched directly. Muscles are stretched, inner organs toned and nervous tension is reduced.

Experience a sense of deep relaxation and peacefulness while awakening and rejuvenating your body and mind.





YOGA (HATHA, POWER, YIN, TRANCE DANCE)

AWAKEN YOUR SENSES

Interactive sessions exploring new patterns of movement, sound, breath-work and meditation.

Create a deeper connection to your five bodies (physical, mental, energetic, emotional and spiritual) to improve postural alignment, balance and core strength. Indulge yourself in a physical and emotional journey.





RAW FITNESS

UNLEASH YOUR INNER POWER

An interactive session focused on reconnecting your body with conscious movement and breath awareness.

This session incorporates a variety of training styles utilizing your own bodyweight and sandbags. Increase your cardio and core strength while de-stressing and gaining mental clarity.

Empower yourself to move beyond what you may think is possible.

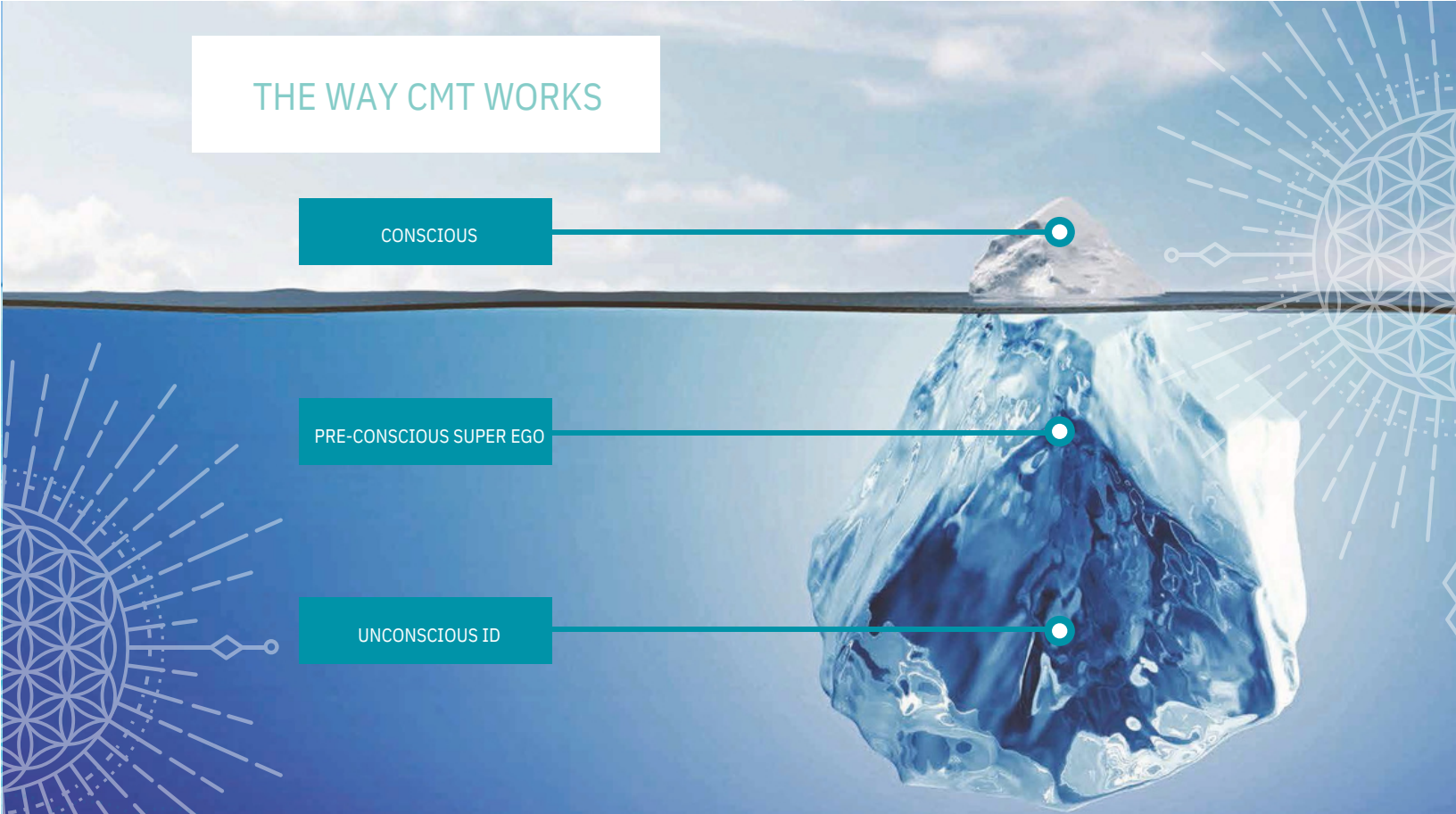


THE WAY CMT WORKS

CONSCIOUS

PRE-CONSCIOUS SUPER EGO

UNCONSCIOUS ID



EACH SESSION INCORPORATES SOME OR ALL OF THE FOLLOWING TECHNIQUES

▶ GUIDED MEDITATION

- a process that draws awareness to the present while relaxing the physical body, calming the mind and easing the nervous system

▶ BREATH WORK

- a process that Intentionally changes the breathing patterns in order to achieve a desired physical and emotional response

▶ NLP (NEURO-LINGUISTIC PROGRAMMING)

- a process that Intentionally changes the breathing patterns in order to achieve a desired physical and emotional response

▶ EFT (EMOTIONAL FREEDOM TECHNIQUE)

- a healing technique that releases underlying emotional stress by stimulating specific points within the meridian energy system
- tapping meridian points has shown to break down and release years of emotional pain within a very brief period of time

▶ EMT (EASTERN MASSAGE THERAPY)

- an ancient healing system combining acupressure, Indian Ayurvedic principles and assisted yoga postures
- hands, feet and elbows are used to apply pressure, together with gentle stretching
- this technique releases blockages that cause aches, pains and disease while freeing the body's healing potential, restoring balance and harmony



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TESTIMONIALS

I feel SO incredible. I can't thank you enough. I've been walking around literally high on life all day and any fear and anxiety of the unknown has completely melted away!!!

I love doing this kind of work and I'm so grateful to have you in my life. To have a safe place to release with someone who doesn't judge me and only comforts me and holds me while I'm going through it is something I can't even put into words.

Jessica L





“Take my hand.. and open your mind” easily said but its hard to trust someone enough to let them go with you and look at all the things you’ve been trying your lifetime to erase. Trauma, disappointment,grief, sadness.. these things just morphed from one thing to the next and I was never able to freemyself. I didn’t realize just how much this was holding me back from success and authentic happiness.Ocean Bloom thank you for helping me navigate through my darkest times and reminding me of mystrength and not my weakness. You have changed the course of my life through your wisdom andhealing energy.

Tanya H



These treatments can help you whether you are overcoming physical or emotional issues, illness, trauma or addiction, or just motivated by a desire to transform one or more aspects of your life, Conscious Movement Therapy offers you a way to release and address patterns and behaviors that are affecting your mind, emotions, body and overall health.

Ocean offers extraordinarily powerful full-body healing treatments that provide immediate results.



A tropical beach scene with palm trees and a large white circle containing text. The background shows a sandy beach with several tall palm trees leaning slightly. The sky is filled with soft, white clouds, and the ocean is visible in the distance. A large white circle is centered on the image, containing the text of the poem.

Guest House

*This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.*

*Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.*

*The dark thought, the shame, the malice,
meet them at the door laughing and invite them in.*

*Be grateful for whatever comes.
because each has been sent
as a guide from beyond.*

-Rumi

"Together we go places we wouldn't go alone"

**BEND YOUR BODY,
MEND YOUR MIND**

CONSCIOUS MOVEMENT THERAPIST

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