

Services

I use three different techniques to work with the human energy field:

Polarity Therapy, Craniosacral Therapy, and Nervous System Unwinding. These may be used separately or in conjunction with each other during a session.

- Polarity Therapy and Craniosacral Therapy involve gentle touches on the body at significant places of tension and energy blockage. Through those gentle contacts I work with the energy in that area of the body.
- Nervous system unwinding involves verbal and listening skills to promote body awareness, mindfulness, and how to work with that to unwind the nervous system and discharge tension and holding patterns in the body.
- These healing techniques can be especially beneficial for a wide range of problems, including:

Low energy, sleeping problems, all types of headache, muscle tension, TMJ, neck and back pain, lack of flexibility, hyperactivity, depression, anxiety, irritability, concentration problems, and on-going grogginess.

Services Include:

- Single sessions
- Introductory packages at a 10% discount
- House-calls for special circumstances
- Workshops for clients and practitioners

**Clients remain fully dressed and sessions last an hour.*

Policies

- Sessions – Billed amount of time includes the initial discussion as to why the client is there, the bodywork component, the closing discussion and the making of payment. The sessions will begin and end at the agreed upon time.
- Payment - Payment is due on the day of the session. Clients are responsible for paying for the entire session, even if they are late. Payment can be made by cash, check, MasterCard, or Visa.
- Cancellations – If clients give less than a 24-hour notice of cancellation, they will be charged a cancellation fee of \$45.



- I am happy to offer a free consultation to discuss whether any of these healing techniques can help you

NANCY GOSS

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Practitioner

Nancy Goss

MA, RPP, RCST®

Nancy Goss, holds a Master's Degree in Linguistics and is nationally Registered both as a Polarity Practitioner and as a Craniosacral Therapist. She has over 2000 hours of training and 13 years experience. In addition, her advanced training includes; nervous system settling, advanced structural work, body awareness and mindfulness techniques, that help the body unwind.

A former university instructor and published researcher, Nancy has had 15+ years of experience teaching academic subjects as well as applied fields like Polarity Therapy, dance, skiing and swimming.

Daily meditation, dance and 4 years of living and traveling in Asia, Iceland & South America have taught her the value of diversity and the appreciation for people and the world as it is. It is the uniqueness of each individual and culture that makes the world a tapestry of joyous life. She finds great fulfillment in helping people find that uniqueness within themselves.

"ALWAYS DO RIGHT. THIS WILL GRATIFY SOME PEOPLE AND ASTONISH THE REST"

- Mark Twain

History

Notwithstanding my lifelong interest in the magical, mystical and intuitive side of life, I come from an extended family of doctors and nurses. I never expected to end up in the field of Holistic Healing, especially not a modality that involved biodynamic and energy healing principles. In fact, I was expecting to spend my life in academia.

As many know, crises tend to change our life paths and the devolution of my marriage into divorce, left my body riddled with pain; unable to lie down flat or turn my head; constant headaches. Physical Therapy had no effect and it was only at the urgings of a colleague that I went to an open house that introduced me to holistic approaches to health and body-mind balance. It changed my life.

As so many before me, I began my journey into health and in the process found the joy in helping other people navigate their own journey through pain into the healthy, alive feeling of body-mind balance. Four years after my divorce I completed my first practitioner training in Polarity Therapy and opened shop in 1999.

Since then I have continued to develop skills to help my clients with trainings in Craniosacral Therapy, Nervous System Settling, and advanced polarity seminars.

Mission

As a certified Polarity practitioner, my mission is to help people lead more satisfying and fulfilling lives. This is accomplished through energetic healing, which helps people integrate unresolved physical and emotional baggage.

Life-force energy, which animates the body, is what keeps us healthy. This energy should be free-flowing, yet, often blocks and static occur. These disruptions in free-flowing energy are manifested as physical and emotional symptoms (i.e.pain).

As long as the energy field of a person remains robust and healthy, the body has a powerful ability to heal itself. Prolonged daily stress and more significant trauma can disrupt the field, leading to low energy and discomfort in the body and a poor ability to heal.

My goal is to help people reestablish a healthy, robust energy field to enhance their body's natural healing capacity, to relieve their symptoms and allow their authentic heart centered self to fully express. This is accomplished through the holistic practices of Polarity Therapy, nervous system unwinding, Craniosacral Therapy and trauma resolution.