

Holistic Nervous System & Body Integration Program

A premium, five-day physiotherapy programme designed to restore balance across your nervous system, lymphatic pathways, and body-mind connection — guiding you toward lasting regulation and whole-body harmony.

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What You Will Learn & Experience

This programme is built around eight foundational pillars, each carefully designed to address a different dimension of your health, from neural regulation to conscious movement. Together, they form an integrated pathway toward deep, sustainable healing.



Holistic Understanding

To truly understand how your whole body works as a whole and the reasons of your symptoms.



Vagal Tone Regulation

How to regulate your vagal tone to support nervous system balance.



Nervous System Balance

Tools to reduce sympathetic overactivation (fight-or-flight response).



Lymphatic Optimisation

Techniques to stimulate and optimise lymphatic drainage.



Digestive Health

Ways to improve your digestion and gut-brain communication.



Inflammation Control

Strategies to reduce inflammation and chronic pain.



Conscious Movement

How to create conscious body movements and enhance the body-mind connection.



Daily Support Tools

Simple, practical tools for daily nervous system support and sustainable energy levels.

SESSION BREAKDOWN

Days 1 & 2 — Evaluation, Pain Relief & Lymphatic Activation

◆ Day 1

Initial Evaluation & Start of Body Pain Relief

A deep exploration of your clinical history, to identify root causes, patterns, and how past events may be impacting your current symptoms.

- Sensory-neuromuscular reflexes tests (primitive and neuromuscular reflexes) and vagal tone evaluation.
- Muscle testing and dysfunctions assessment (scars, accidents, injuries).
- Evaluation of movement restrictions (from the temporomandibular joint to your feet, full-body integration) and postural activation.
- Pain receptor stimulation to support pain and inflammatory regulation.

◆ Day 2

Lymphatic, Parasympathetic & Visceral Activation + Gut Strategies

Lymphatic System Activation

- Manual techniques to reduce inflammation.
- Gentle mobilisations to release restrictions affecting lymph flow.

Parasympathetic Nervous System Stimulation: Visceral Function

- Vagus nerve stimulation techniques.
- Somato-visceral function activation techniques: Gut-Brain Axis.
- Tapping techniques on specific areas.

Gut Nutritional Strategies

- Anti-inflammatory nutrition guidance tailored to your microbiome.
- Strategies to improve digestion and reduce inflammation.
- Lifestyle and nutrition tips to support circadian and digestive rhythms.

SESSION BREAKDOWN — CONTINUED

Days 3, 4 & 5 — Movement, Emotional Integration & Your Continued Plan

1

Day 3 — Postural Activation, Conscious Movement & Breathwork (Mindfulness)

- Integration of visual, vestibular, and proprioceptive input for postural correction.
- Therapeutic movement for enhanced Neuro Postural sensation and whole body awareness.
- BreathWork (mindfulness) techniques to activate the vagus nerve and parasympathetic response.

2

Day 4 — Body-Mind Connection, Body Mapping & Emotional Regulation

- Awareness techniques to reconnect physical sensations with emotional states.
- Exploration of how unresolved stress or trauma may present physically.
- Integration of somatic and neurophysiological tools for interoception and emotional clarity.

3

Day 5 — Full Review & Personalised Continued Plan

- Reevaluation of progress and key tests from previous sessions.
- Reassessment of vagal tone, symptoms, and patient feedback.
- Digestive, emotional, and microbiome integration overview.
- Closing session: breathwork, mobility, and sensory techniques.

Your Journey Begins Here

→ "Regulation is the foundation of healing."

This programme is more than a series of sessions, it is an invitation to reconnect with the intelligence of your own body. Through careful evaluation, gentle hands-on techniques, and mindful movement, we guide your nervous system back toward balance, clarity, and resilience.

Regulate

Restore vagal tone and calm the fight-or-flight response.

Restore

Reawaken lymphatic flow, digestion, and pain-free movement.

Integrate

Unite body, mind, and emotion into lasting, sustainable wellbeing.

Ready to begin? Reach out to schedule your initial consultation and take the first step toward whole-body integration.

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