



Service Descriptions

Navaswann's services facilitate balance and awaken the inner knowing of the Body, Mind, and Soul. A description of each service follows:

Well Being Evaluation

Navaswann offers a multi-option wellness program where we develop an individualized "whole health" plan for each Client which includes a variety of service options for the whole Family. We recommend that individuals receive a physical health exam from their primary care provider before initiating Our Program. Confirmation that all participants are medically stable ensures successful outcomes and allows us to provide our health screening and consider the best course toward physical, mental & spiritual balance.

Asian Medicine & Complementary Care

Navaswann includes options for Acupuncture & Electro-Acupressure, Cupping, Gua Sha, Tui Na Massage, Detox Massage, Nutrition, and Exercise, all designed to promote optimal wellness for the *Mind, Body and Soul*. Our Acupuncturist is trained in traditional Asian Medicine and offers "Complementary Care" that is not intended to replace modern medicine, but to work side by side with other health care practitioners. For more than 3,000 years many cultures have received the healing benefits of this Eastern style of medicine both in the treatment and prevention of illness, and in the promotion of health and wellbeing.

Acupuncture and Electro-Acupressure involve stimulating specific locations and *meridians* specific to the condition being treated. A meridian is the pathway in which energy or *qi* flows through the body, similar to the way blood flows through our vessels and capillaries. This treatment has been proven to stimulate the release of endorphins, the body's natural painkillers. It normally induces a deep state of relaxation, which promotes balance and systemic healing.

Cupping is a technique that involves the use of suction to increase circulation in an affected area. It is most commonly used to release tight, painful muscles. It can also be used to help resolve the common cold, to assist with asthma, to enhance system detoxification and to reduce fluid retention.

Gua Sha is an East Asian healing technique that involves applying stimulation to the back, neck, shoulders, and limbs with a round-edged instrument in downward strokes. This technique is



used to treat as well as prevent the common cold, flu, bronchitis, asthma, as well as any chronic disorder involving pain, and congestion of *Qi* (energy) and Blood.

Tui Na is an ancient Chinese massage technique often used in conjunction with acupuncture to disperse pain or *qi stagnation* from the region being treated. The techniques commonly used include gliding, kneading, percussion, friction, pulling, rotation, rocking, vibration, and shaking. The intent of Tui Na is more specifically therapeutic than just for relaxation. The use of this technique allows the practitioner to focus on specific problems, especially chronic pain associated with the muscles, joints, and skeletal system. It's especially effective for joint pain, sciatica, muscle spasms, and pain in the back, neck, and shoulders. It also can help chronic conditions such as insomnia, headaches (including migraines), and the tension associated with stress.

Detox Massage is a form of bodywork designed to naturally detoxify the body. This light technique is designed to stimulate circulation, increase oxygen levels, decrease inflammation and stimulate the defenses of the immune system. This massage consists of intermittent pressure techniques that softly compress and stretch muscle tissues. It helps to relieve health conditions like fatigue, headaches, and other organ or system functions affected by toxins.

Nutritional Healing, Consultation, Counseling & Meal Planning

The goal of nutritional healing is to assist individuals and their families in making healthier choices for themselves. Optimal living begins with nutritional healing, which means eating foods that are right for you. This may help correct certain patterns of imbalance in your body and help you to feel better overall. Choosing a healthy diet is an important method of preserving health and preventing disease. Most importantly, nutrition can help individuals regain their vitality and in turn help people enjoy life to the full extent. *Navaswann* offers consultation, counseling and menu planning assistance for clients with dietary restrictions, health conditions, or weight management goals.

Functional Exercise, Personal Training, and Recreation Coaching

Our trainer will work with each individual to design a specific exercise program that is fun and works to correct any structural imbalance and enhance physical fitness. An imbalance can be a result of strong muscle groups overpowering the weak ones and creating a "tug of war", resulting in pain. In looking at one's posture, certain exercises may actually improve the alignment of the body, allowing your movement to be more efficient and in turn eliminating



pain, especially in your neck and back. Achieving structural balance through functional exercise is attainable through routine stretching and muscle group isolation. Exercise is an essential part of a healthy, well-balanced lifestyle. Additionally, *Navaswann* will assist individuals and families in identifying fun recreational activities that will help lift the spirits and lend to a healthy and active lifestyle.

Sports Performance Evaluation & Peak Performance Training

Navaswann offers specialized services for Professional and Elite Athletes. Our team reviews performance history, and conducts a comprehensive Assessment of Power, Strength, Stability, Mobility, Speed, Agility, Conditioning, and Balance. Additionally, the Athletes ability to focus, concentrate, respond, and regulate physical, mental, and emotional states of arousal, will be evaluated. Each of these performance tests are used to develop a training program that optimizes the performance of the body, and unlocks the hidden powers of the mind. Acupuncture, Nutrition, Functional Exercise, Kinesio Taping and EEG Biofeedback are combined to assist Athletes in creating the competitive edge needed to produce winning results.

Kinesio® Taping for Muscle Support & Rehabilitation

The Kinesio® Taping Method involves taping over and around muscles in order to assist and give support, as well as to prevent over-contraction. When there is an injury or when a muscle is not properly functioning, various symptoms can arise and the body's own healing process can be thwarted. This is because muscles not only allow for movement of the body, but they also control the circulation of venous and lymph flows, as well as body temperature.

Kinesio® Taping is an innovative approach to treating nerves, muscles and organs. There are two techniques involved in this method. The first offers support while allowing full range of motion, enabling the individual to participate in his/her normal physical activities with functional assistance. The second technique, which is most commonly used in the acute stage of rehabilitation, helps prevent overuse or over-contraction and helps provide facilitation of lymph flow for an entire 24 hour period. This method is often used in conjunction with other therapies, including acupuncture, hydrotherapy, massage therapy and electrical stimulation.



Specialized Services for Chronic Pain & Recovery from Surgery

Navaswann also offers specialized services for chronic pain and recovery from surgery and accidents. Our commitment is to assist in reducing and coping with pain, keeping medication use to a minimum and reducing or eliminating unwanted side effects from invasive procedures and surgeries. For clients who have had gastric bypass surgery, we will develop a program that supports your recovery and addresses the underlying issues that resulted in your weight problem. For clients recovering from plastic surgery, we provide services that assist the healing processes of the body, and address the energetic balancing that the Body, Mind, & Soul require after augmentation.

NeuroLeadership Training for Business Performance Improvement

Navaswann offers services that focus on applying neuro-scientific principles to the area of leadership development, management training, education, consulting and coaching. NeuroLeadership Training involves the use of EEG Biofeedback techniques to facilitate optimal brainwave patterns and neuro-physiological states. The result is improved decision making & problem solving, and the enhanced ability to regulate emotions, access wisdom and common sense, and manage stress during times of challenge and change. Additionally, *Navaswann* facilitates retreats and offers consultation to Leaders and Management Teams on topics including but not limited to, effective communication, inspiration in the workplace, teambuilding, and stress elimination.

Neurotherapy for Mental Health Symptoms and Addiction Recovery

Neurotherapy is the application of EEG Biofeedback training for the treatment of clinical symptoms and diagnoses. This powerful technique for training the body and mind, tames the restlessness, reduces stress, dissolves anxiety, decreases mood fluctuations, improves focus & concentration, and reduces insomnia and symptoms of pain. This training helps to promote relaxation and balance on all levels--mental, emotional, physical, and spiritual--which is the starting point for all healing.

EEG Biofeedback / Neurofeedback / Neurotherapy is a learning strategy that enables people to change their brain waves by challenging the brain, just like the body is challenged in physical exercise. Because the brain is amazingly adaptable and capable of integrating new information, the "mental workout" of Neurofeedback allows the brain to learn to function better. When the brain is given cues, or feedback, about what to change, it learns to improve its own performance.



Certain locations in the brain are trained to get results specific to reducing the undesirable symptoms and conditions the client is experiencing.

Neurotherapy offers hope for many conditions and disabilities in which the brain is not working as well as it might. Sleep patterns leading to teeth grinding, snoring, and Sleep Apnea can be improved, allowing the body and mind to rest appropriately, resulting in increased energy and alertness. Mood fluctuations including anxiety, bi-polar, depression, and Seasonal Affective Disorder (SAD) can be stabilized using this method. Additionally, some success has been achieved in managing migraine headaches and chronic pain, as well as the impulsivity and lack of attention associated with Attention Deficit Hyperactivity Disorder (ADHD).

Biofeedback is painless and non-invasive. The feedback reinforces desired relaxation within the body and specific focus within the mind. Gradually, the brain responds to the cues that it is being given, and a "learning" of new patterns within the body and mind takes place.

Specialized Services for Addiction & Mental Health

Navaswann is dedicated to improving the lives of persons with co-occurring psychiatric symptoms and substance abuse issues. By specially tailoring services to treat both experiences simultaneously, our clients are achieving results that are transcending the limitations of traditional treatments. Our unique programming combines research with alternative and unconventional service options, keeping us on the cutting edge and allowing us to emerge as specialist in integrated treatment. Mindfulness training, Neurotherapy, EMDR, Acupuncture, Shamanic Healing, and Energy Medicine blend to produce lasting results, setting us apart from other programs. We believe that every individual can be free from the grips of substance dependency and mental health symptoms. We get to the root cause of the symptoms and offer a philosophy of living, which coupled with our variety of service options, methods, and tools, gives clients the serenity they seek.

Personal Freedom Training™, Personal Development, and Client-Centered Counseling & Life Coaching

Navaswann is about new beginnings, celebrating success, and living the life you desire. We understand that depression, anxiety, anger, guilt & shame, grief, maladaptive eating behaviors, compulsive behaviors, substance abuse and relationship issues can interfere with the expression of your true self. Our counselors have specialized training in mental health and addictions and use motivational enhancement strategies to meet each individual where they are. We do not use confrontation, scare tactics, punishment, argumentation, blaming or labeling. We assist

All Is Well
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individuals by increasing awareness and guiding them to be willing to make different choices, resulting in different outcomes, which can significantly change the course of one's life.

Personal Freedom Training™ focuses on each individual's strengths and encourages living in a balanced & energized state. It supports our clients in becoming free from old habits, debilitating beliefs, and distorted expectations. This type of training is about awakening the sleeping beauty within and realizing the potential for health, personal well being and success! Our trained Counselors will help identify an internal source of personal power for each individual, which can translate into fulfilling career choices, options for entrepreneurship, or the identification of creative outlets and opportunities for meaningful participation and contribution to the world.

Relationship Counseling & Family Therapy, Education and Involvement

Navaswann believes that every member of the family plays a significant role in healing and developing healthy relationship dynamics. Our Team works with each individual to understand the dynamics in interpersonal relationships and strengthen skills that foster healthy interactions. We raise each individual's level of well being so that there is ease and contentment in relationships with others. When there has been a history of dissatisfaction, discord, and/or abuse, our programs look to resolve the conflict and heal the emotional and spiritual wounds. We are dedicated to enhancing the experience of happiness and peace in all relationships.

Personal Inspiration Guidance & Mentoring / Spirituality Counseling / Creativity Coaching

Our program offers you an opportunity to receive an Intuitive Reading of your energetic body, which is a visualization of where You are in your creation of wellbeing. You will be guided to remember your true nature and to become reacquainted with yourself as an energetic being of Light & Love. You will be assisted in visualizing your well being so you have a working model for health. You will know what it looks and feels like to "*be well*". We will communicate with You and support You in *seeing* your Well Being for yourself. You will be guided in not just intellectualizing that you are okay, but in experiencing yourself as *well*. You will discover that life is not just meant to be lived, but is intended to be fully experienced through choices that excite you, ideas that build anticipation, and desires that fill you up with possibility. Our program will help you to unleash your Desires, your Dreams, and your Vision of yourself as Divine Perfection.



Stress Management, Relaxation Training, Guided Imagery, and Meditation

Mindfulness, meditation, breathing and progressive relaxation exercises are all designed to decrease stress and boost the natural immunity of the *Body, Mind, and Soul*. Your personal sessions will be designed to connect you with your inner calm, so you can experience clarity and Peace of Mind. Our team has experience in using these techniques personally and will guide you in your discovery of strategies and techniques that work best for you.

Eye Movement Desensitization & Reprocessing (EMDR) for Trauma & Stress

EMDR is used to assist individuals in letting go of troubling thoughts, shifting neurological patterns, and disabling emotional patterns associated with traumatic events and stressful life circumstances. During each EMDR session, various procedures and protocols are used to address the entire picture of what the client is experiencing – i.e. the images, thoughts and beliefs, feelings, emotions, and bodily sensations. *Navaswann* works with clients to identify distressing events and current situations that elicit emotional disturbance. We work with our clients to develop body awareness and mental skills including the use of imagery that is soothing, calming, and activating to all the senses in a positive way. We offer client tools to assist them in stabilizing emotions and grounding themselves, should they begin to feel unsettled or stressed during or between sessions.

In an EMDR session, the client identifies the restricting beliefs, emotions and bodily sensations they wish to remedy. We then assist them in identifying a preferred point of view that is used to create imagery and a fresh perspective. The client is asked to focus on the worst part of the stressful experience or restricting patterns. We then assist the client in shifting focus from the traumatic experience by using alternating bilateral stimulation. Bilateral Stimulation is created by having the clients either rotate visual gaze from left to right, or by rotating tapping on the left then right side of the body, either manually or with a TheraTapper that pulses in the hands. This process, coupled with breathing, activates a systemic relaxation response, and clients realize that there is no real threat, and the brain makes new connections, thus reprocessing the experience.

Bilateral stimulation is thought to mimic REM sleep patterns, which is when a person's experiences are processed and new learning is integrated. The eye movements activate both the left and right hemispheres of the brain, allowing new connections to be made between the parts of the brain responsible for emotional arousal, the fight or flight response, memory processing and storage, logic and reasoning, translating experience into communication, and making sense



of incoming sensory information. After EMDR sessions, Clients report that the emotional distress related to the memory has been eliminated, or greatly decreased, and that they have gained important cognitive insights. These emotional and cognitive changes usually result in spontaneous behavioral and personal change, which are further enhanced by other services offered through *Navaswann Programs*.

Environmental Enhancement

Our program works with you to establish systems within your environment that support your vision for health & wellbeing. We have found that a well-organized and clutter-free living environment facilitates health & happiness. We work to align your space both physically and energetically with your personal wellbeing. This helps to establish an energetic flow, which continues to remind and support you in your creation of your Self as healthy, well, whole and complete.

Service Coordination and Follow-up

The professional staff at *Navaswann* will work with each individual and the family to establish connections and build supportive resources within your community in order to support your ongoing commitment to Well Being. We have experience working with other medical providers and holistic practitioners, mental health and substance abuse professionals, as well as fitness and nutrition professionals. Our Intention is to complement the other care You are receiving from professionals within your community. We build a collaborative team to ensure Your continued success. *Navaswann* programs include follow-up phone consultations and periodic “tune-ups” at intervals to be determined at the end of the initial phase of the program. For best results, we typically recommend follow-up for 3-6 months.