

Deep Bodywork



Deep Bodywork (30 hour Bodywork Elective) offers long, flowing strokes characteristic of presence-based massage work, integrated with Deep Bodywork techniques to penetrate deeper soft tissue layers, freeing previously dense, hardened areas, which may have become chronically painful due to a lack of fluid exchange and energy flow. As such areas soften and ‘re-organize”, their chronic tension patterns release, revitalizing living tissues with blood, lymph, and “Chi” (life) energy. Living systems like the human body require a constant flow of Chi energy to self-organize and heal. Blockages to that flow within our tissues can create longer-term health problems like joint and soft tissue pain, movement restriction, and circulatory problems, to name some of the most common.

As chronic tension patterns held in the deeper soft tissue layers begin to open and change (often called “unwinding”), reservoirs of previously held life energy become available to promote the process of healing. This energy can help clients overcome stubborn, seemingly intractable physical conditions which have failed to yield to other therapeutic methods. Deep Bodywork is a great hand saver also. The primary tool utilized is the forearm and no thumbs.



Class March 20-Apr 17 (Wed) 9-1:30 pm; Apr 24, 9-1:15pm
Clinic: Apr 24 (Wed) 1:30- 4:45 pm;
May 1 (Wed) 10 - 1:15 pm
Registration: \$50 Tuition: \$600
Text: Handouts



Lori Lewis: Bodyworker since 2009, Licensed Attorney since 1990
Lori is a graduate of Esalen Institute in Big Sur as well as the Santa Barbara College of Law and serves now as faculty for both Institutions. She also serves as chair of the Probate Section of the Santa Barbara County Bar Association. She is a Board Member for Hospice of Santa Barbara as well as volunteer Massage Therapist for patients and staff. She conducts a private practice in Deep Bodywork and Esalen Massage at a private retreat space on the Santa Barbara Mesa.

Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111 Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Approved by the CAMTC only as a part of our 550 hour program requirement #SCH 0020. Accepted by CA Vocational Rehabilitation.

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