

Koshonic Body Stress Release ©

Koshonic Body Stress Release © or a Koshonic treatment as it is otherwise known is a method of complementary and alternative/ integrative medicine used by trained and certified allied health professionals who manually apply a subtle movement of the chi or 'life force energy' about the body in an attempt to bring the body, mind, and spirit into harmony.

The Koshonic treatment combines deeply relaxing techniques with energy balancing and remedial bodywork work. While working on an emotional level, after a treatment the receiver often experiences freedom from worry, anxiety, fear and other negative thought patterns. The true purpose of a Koshonic treatment is to bring balance and sense of well being of body mind and spirit back to the individual.

A Koshonic Body Stress Release © treatment not only feels great but provides immediate and long lasting health benefits. It releases stored stress in the body and stimulates endorphin production, which improves emotional well-being. It aids the lymphatic system in removing and detoxifying the body of waste products, clearing toxins from not only the cellular level, but also of the emotional and spiritual bodies as well. Koshonic treatments improve muscle function, releasing knots and muscle tension. An unlike deep tissue massage it is virtually pain free and the results of treatments increase range of motion and dexterity. Because energy work is combined with light bodywork as well as ancient shamanic practices to healing the response is a restored vigor, giving a youthful, healthy glow. A program of regular Koshonic treatments greatly improves quality of life. These are so gentle in comparison to massage that many fibromyalgia and touch sensitive patients find that regular treatment is tolerable and healing.

Koshonic Body Stress Release © builds on the belief the individual is a whole organism: that everything is connected and related and that the symptoms presented are only that... symptoms. Koshonic goes to the source of the problem and treats it accordingly. The energetic body as well as the physical body should be considered concurrently. Koshonic treatments use different and varied healing techniques in combination to tailor a treatment unique to each individual.

New discoveries in quantum physics and biology reveal remarkable insight regarding the ability of people to heal. They have shown how modalities such as bodywork, shamanic healing, and energy work, and healing practices, some dating to thousands of years ago, influence healing. This emerging Epigenetic Medicine provides a greater awareness to understand the connectedness of ourselves and our natural state of being.

Koshonic Body Stress Release © blends conscious body attentiveness with energy awareness, creating a healing, relaxing and renewing freedom. Practitioners use Koshonic Body Stress Release © to adjunct therapies of both allopathic and complementary medicine treating asthma, IBS, Rheumatoid Arthritis, osteoarthritis, neck and back pain, hip and joint pain, autoimmune disorders, stress reduction as well as emotional and psychological traumas; but it is not limited to that. Though typically Koshonic treatments are just one spoke in the healing treatment plan wheel, it can also be done independently of any other modality with good effect.

A typical Koshonic treatment is performed with the client fully-clothed, in a prone position either on a massage table or massage chair, and usually lasts about one hour, though 30 minute treatments are also acceptable. The client is positioned for comfort and the practitioner generally will do hands on energy therapy along the spine from the sacrum to neck, followed by a gentle rocking motion to the torso and legs. During this process the practitioner may also include a variety of shamanic and energy techniques as applicable. Then a gentle rubbing of the back and torso, possibly including the extremities is done, with a concentration of gentle tapping to key areas along the meridian system, which may include the base of the skull and head. Gentle rubbing continues along the head similar to a scalp massage. This is followed by light percussion along the torso, buttocks and possibly legs and arm. Cupping of energy then follows. The auric field is then feathered with the practitioner's hands and the treatment is completed. The practitioner may use discretion in using which steps are suitable for each client, and may or may not follow them in sequential order, secondary to time restraints and the extent of trauma being crucial factors. Clients tend to first notice intense relaxation during and after the treatment, which has been affectionately called the 'drool factor'.

Practitioners have been limited to an obscure but holistic martial art, Kosho Hoho Yooga, that is up until recently. Christopher Bashaw, RN, the licensed family head of KHY, a healing and martial system, has now made training open to the public and is the premier Koshonic Practitioner in the world.

Email
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to host a KBSR seminar
in your area.

Practitioner Certification: There are two levels of Koshonic Body Stress Release (c) Certifications. 1) Practitioner Certification which is a 2 day, full weekend hands on class which discusses theory, and are hands on practice. Pre-requisite for each class is a Reiki 2 certification, which a copy of the certification (from any system) MUST be present at the beginning of the class. No certificate, no training. 2) and Master Certification which allows the bearer to teach the course. This requires a pre-requisite of Practitioner Certification and 400 documented hours of providing Koshonic Treatments as well as a 1 day class with the Soke of Kosho Hoho Yooga.