

# *Synergy Massage*



**October 30-31, 2010      9am – 3pm**

**12 CE's      Cost: \$240.00**

**Location: Southeastern Institute  
5250 Seventy Seven Center Drive  
Charlotte, North Carolina, 28217  
To Register: 704-527-4979**

## **Presented By:**

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## **Synergy Massage**

Synergy massage is an alternative modality and as such, there is mixed feelings about its efficacy. Outside of the alternative massage community, energy-based modalities are looked upon as somewhat questionable, but within the alternative massage community, Synergy massage is becoming quite respected.

Synergy massage, like most energy-based modalities, has a number of intended effects. Used to reduce stress, both as a direct consequence of the massage, and as a longer-term state of homeostasis, it can help to improve posture and flexibility.

Utilizing a number of yoga techniques as part of the massage process, Synergy massage is also a very healing-oriented form of bodywork, improving the flow of both the lymphatic system and the blood, thereby allowing the body to function more effectively.



Paramahansa Yogananda

*Synergy* in a larger sense is a term from yoga, in which the energy within is unleashed. The movements come about naturally and eventually evolved into the use of asanas used in hatha yoga. Synergy yoga as a discipline can refer to a number of different yogic schools, most famously that of Paramahansa Yogananda, some forms of yoga used in Tibetan Buddhism, and the Satyananda Yoga of Swami Satyananda.



Swami Satyananda

Synergy massage relies on a deep attunement between the practitioner and the energy of the patient. By touching the patient, the Synergy massage practitioner connects to their energy flow and is directed by that flow how to best help align their energy channels. A high level of sensitivity is necessary for good Synergy massage, as the practitioner needs to be able to feel and respond to the nuances of a client's particular energetic reality.

The mechanism Synergy massage uses to realign the energy of the patient is soft, directional touch. Synergy massage involves using various, mostly circular motions to stimulate the flow of energy and redirect it into its proper channels.

Figure eight movements, small and large circles, and spirals of varying sizes are all commonly used in Synergy massage.

Synergy massage is an incredibly intuitive massage modality, unlike other forms of massage, which focus on musculature, or prescribed series of actions to achieve a desired result. The practitioner strives for a deep connection to the needs of the client. This allows the practitioner to intuitively connect with the client, providing the best help for the person to help unlock their energetic blockage.

Synergy massage, sometimes called a bodywork dance because of the beautiful and fluid motions the practitioner takes while working. Each Synergy practitioner is encouraged to develop their own distinct style, and many people liken Synergy to a sort of art form, with the practitioner's personality expressed in the range and form of their motions.



Tai Chi

Practitioners of Synergy massage incorporate the flowing movements of tai chi into their massage movements allowing the therapist to maintain good body mechanics, strengthen their own muscles and sustain a focused and mindful meditation throughout the massage.