

Spinal Flow Technique

Developed by former chiropractor Dr Carli Axford
Working with the Central Nervous System (CNS) it is a gentle caring approach that helps your body unwind to release tension, stress (chemical, physical and emotional), along the spine that may affect your body's natural healing ability.

By connecting with specific points on the sacrum, cranium and spine, the body is encouraged to relax, realign, and restore balance across the nervous system enhancing overall wellbeing, a sense of calmer rhythm and vitality.

How Spinal Flow Helps

- Releases built-up tension in the spine
- Calms an overworked nervous system
- Supports better sleep, movement, and mood
 - Gentle for all ages

When you experience Spinal Flow care, retracing often occurs; you will express symptoms that you have not experienced for months/years. Your initial reaction could be that you are getting "worse" because you feel you are experiencing "more" symptoms. But Spinal Flow cannot make you worse these temporary symptoms are indicators that your nervous system is releasing layers of stress that your body has been building and holding for years. It is actually a good thing.

Structurally over time with regular sessions your body can change.

"Everything we need is already inside us, including the ability to heal" Dr Carli Axford

What is your body saying to you?

Your body talks to you all the time, letting you know how it is going. An imbalance can start out small, a niggle, a pain, a disease etc.



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**Clinic located in Christchurch, New Zealand
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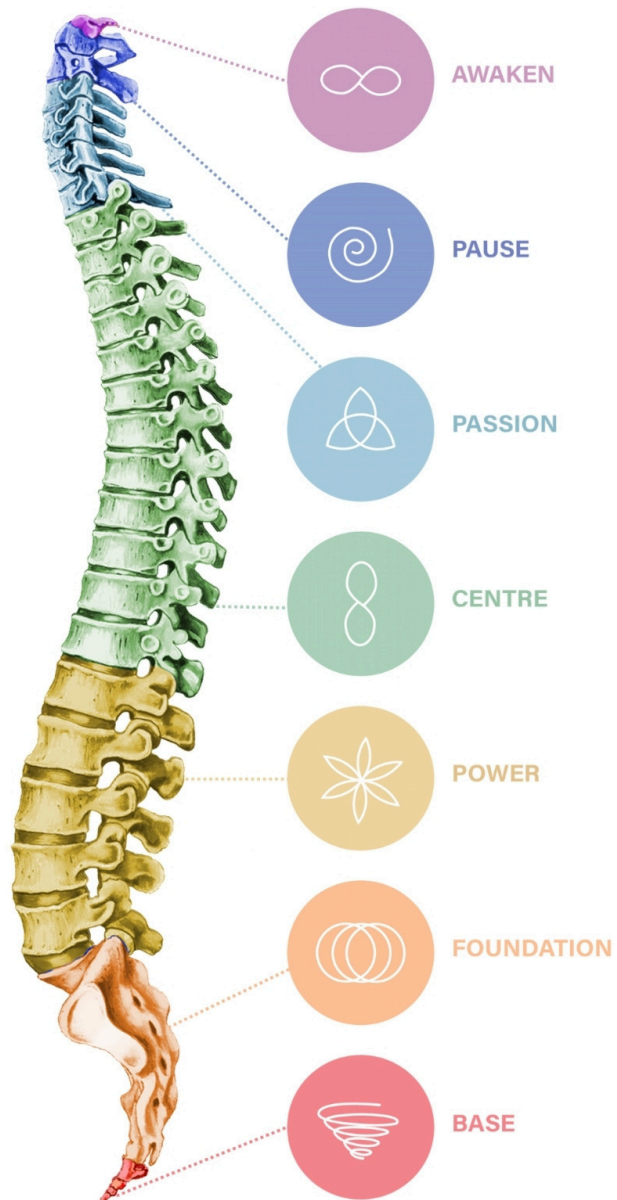
**THE SCHOOL OF
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"Healing the World One Body at a Time"

Holistic Wellness Clinic

SPINAL FLOW[®]GATEWAYS



AWAKEN

Cranium: the centre of our true nature and life force energy



PAUSE

C1-C2: the centre of our self-talk and thoughts



PASSION

C3-C7: the centre of our purpose, where we speak our truth or hold back.



CENTRE

T1-T12: where our heart lives. Is the centre of love and connection



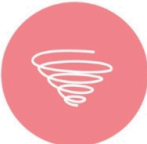
POWER

L1-L5: the centre which gives us the power to get through life



FOUNDATION

The sacrum: the centre from which we move forward, physically and metaphysically



BASE

The coccyx: the centre of fight: flight and our stress response

