



## WHOLE-ISTIC HEALING AND TRANSFORMATION WITH ANDREW ROSENSTOCK



Whole-istic Healing is a method of treatment concerning you as a whole person - body, mind, spirit, and emotions. Insomnia, Chronic Pain, High Stress, Anxiety, Joint and Muscles Ailments, Depression... these are just a few of the more common symptoms that Whole-istic Healing effectively alleviates.

A believer that no single system is fully perfect in itself, Andrew has studied numerous and wide-varying methods of therapeutic and healing modalities to fill the holes within each specific system. A dynamic combination of Western Medicine, Eastern Philosophy, Neuroscience and Quantum Physics. Drawing from his wide “toolbox” of knowledge and experience, Andrew serves up unique custom treatments for what is presenting itself in YOU. Deep Tissue Bodywork, Structural Myofascial Reshaping, Energetic Healing, Biodynamic CranioSacral, Yoga Therapy, Meditation, and much more.

Andrew’s treatments aim to bring about deep sense of wholeness in your body-mind complex and profound relaxation to unfold within your nervous system. It is when SELF is truly calm and at peace that health and wellness in all forms can begin to take shape.

Why see many different people for perceived separate aspects of you when there are only one YOU? Andrew works to integrate the segments and provide a complete and whole experience tailored to your need that leaves you feeling more like the YOU that was before.

### **About Andrew**

Andrew is a highly sought after international Healing Artist and a 500hr Yoga Alliance Teacher. He loves anything and everything to do with helping people get back on the path of health and wellness and realigning themselves with their true nature.

He holds multiples certifications in Esalen Bodywork, Thai Massage, Sound Healing, Craniosacral, and much more. Andrew is also a Reconnective Healing Foundational Practitioner, an iRest Yoga Nidra Level 2 trained Teacher, a student of The Integrative Yoga Therapy 1000hr Yoga Therapist program as well as certified in numerous other Yoga modalities.

Set up a 20minutes free consultation with Andrew to learn more about how his practice can enhance your life.

## HOLISTIC REALIGNMENT™ PROGRAM WITH ANDREW



### What clients say about Andrew's work:

"I just wanted to tell you that I feel awesome, you really lifted my spirits with your beautiful energy work, conversation and realignment work. Things have been really nice the last several days and I just can't thank you enough Andy. I also feel different, like some kind of vibrating sort of energy sensation everywhere along with a strong sense of purpose to change these unhelpful behaviors I have."

"Andrew is the body whisperer. Every spot that needed work now feels fully refreshed, even spots I didn't know about."

"I am grateful for your help in my moving some things, holding some things, and letting go of some things. I'm enjoying the openness inside and marvelling how my body spirit is capable of feeling. Thank you for helping me be glad to be in my body to experience being seen, held, and loved. I am teary thinking about it. I've been so overwhelmed with work for months, that it's been difficult to rest even I take some time off. I feel more rested now than I have in a long time—longer than I can remember."

"He is a very easy to talk with person. One feels comfortable and relaxed very quickly from meeting with him. This really helped in being able to relax more when beginning the massage with him."

"Since our session, thanks to your healing, things have changed drastically in my life and I am on my way back being strong as the woman I am. Thank you!"

Holistic ReAlignment is a programme designed for creating change and bringing balance back to the whole of your "self". Balancing sessions of physical bodywork, energetic transformation, and meditative inquiry to aid in health on all levels of one's being.

Holistic ReAlignment works with:

- Physical impingements
- Energetic and Emotional blockages
- Psychological patterning
- Recognize new awareness of joy and happiness in your life.

The Holistic ReAlignment™ Programme Process



If you've been feeling stuck in any of the areas above and are ready to move forward into a world of joy and bliss where limiting beliefs no longer hold you down, then Holistic ReAlignment is what you are looking for to get you back on your rightful path.

For more information, please contact H&W Reception to book a free chat with Andrew.