



Core Synthesis with Pat Thummanond



...A gentle hands-on persuasion, offering the body a path of least resistance to self healing, emotional unwinding and soul connection.

Core Synthesis is an art of body listening and a gentle form of manual persuasion through light touch to achieve physical correction, self realization and an integration of mind, body and spirit. It is the synthesis of **craniosacral therapy** to sooth the nervous system; **visceral balancing** to diffuse emotions from different organs and **lymphatic drainage** to assist the lymphatic flow for detoxification.

Pat chooses to combine these modalities together as she sees a huge benefit a person can receive in unlocking 'energy cysts' collected around the body from life's challenges. The treatments will peel away the multiple layers of dysfunctions and trapped emotions there by resolving old physical or emotional issues. The treatment will transcend you to a different dimension, a place of supreme tranquility where deep healing occurs.

If you are suffering from these conditions, this treatment is calling for you:

Migraine or headaches
Neurological disturbances
Chronic neck & low back pain
Chronic fatigue syndrome
Emotional stress
Head trauma
Digestive disturbances
Or just in a great need of a body 'tune up'.

Pat is a Physical Therapist and a certified cranio-sacral therapist trained in the U.S. with over 20 years of experience. She assists the Upledger Institute in teaching these modalities worldwide and is a contributing author of the book 'Working Wonders'. Pat mainly practices in Phuket, Thailand.