

Learning ocean therapy

Local therapist gets experience in unique program

COLDWATER—This past June, Lauri Rowe of Coldwater had the opportunity to participate in a style of bodywork therapy that took her to Freeport, Bahamas. Rowe, a local massage and craniosacral therapist of Natural Options, was a part of a BioAquatics Exploration program created by the Upledger Institute of West Palm Beach, Fla.

The style of therapy used in the program was inspired by the intuitive experimental philosophy of Dr. John E. Upledger, the developer of CranioSacral Therapy (CST). Dr. Upledger's research with CST and dolphins over the years created this innovative



COURTESY PHOTO

Lauri Rowe swims with dolphins during her recent introduction to ocean therapy.

therapy program. As a part of her experience, Rowe was able to swim with dolphins on two occasions as a part of The Dolphin Experience in Sanctuary Bay, Grand Bahamas Island. "These great creatures have a way of enthusiastic-

ly getting one to swim, dive and play in the water. I haven't done that since I was a young child," said Rowe. A majority of the experience was then spent learning and practicing concepts that are common in many subtle energy approaches, and com-

bine those with the healing power of the ocean and nature.

This type of Ocean Therapy offers a healing medium that reduces gravity and friction where movement becomes almost effortless. Joint range of motion increases as the nervous system moves into a parasympathetic response, or relaxed state. Muscles lengthen, tension releases and the internal natural healing processes work more effectively.

Rowe stated that her experience has changed dramatically her perceptions of the human being's ability to heal, especially when it has the opportunity to connect to the healing properties of its own environment.

Rowe will be available to do a slide presentation about her trip and CranioSacral therapy for any group in the community, free of charge. Call to schedule at (517) 279-7385.