



VISITING PRACTITIONER

MARIA HUSSAIN

28 December 2019
- 6 January 2020

Originating from the UK with a base now in Singapore, Maria Hussain has been practicing bodywork for more than fifteen years. Her career as a Massage Therapist highlighted the debilitating effect of chronic pain on an individual; and so began her quest to study a modality to provide greater alignment and relief to chronic pain sufferers. Maria now specialises in Structural Integration, with her therapeutic and holistic approach based on the pioneering work of Dr. Rolf, the founder of Rolfing.

Simultaneously as an avid swimmer Maria studied The Shaw swimming method which works to improve stroke and breathing techniques to provide beginners and the most advanced swimmer greater confidence and efficiency in the water. Her mentor and teacher is founder of the Shaw Method, Steven Shaw.

Maria brings both techniques as private sessions to Kokomo Private Island and bookings can be made at Yaukuve Spa Sanctuary or Guest Relations.

Rolfing & the Art of Swimming

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ABOUT ROLFING

Rolfing is a hands-on therapy, which takes a holistic, full body approach to enable you to move more easily and comfortably. Through manipulation of connective tissue, also known as fascia, it is a wonderful tonic for maintaining good posture and ease of movement, and can be remarkably effective for chronic pain patterns.

Rolfing has helped clients requiring postural corrections after weight loss or pregnancy; office workers with repetitive strain from sitting too long; and others with injuries or tightness from physical training.

An aligned and balanced body can ease strain patterns in the entire system, improve breathing, increase energy and boost self-confidence.

Rolfing is beneficial for everyone; for pain management, to enhance athletic performance, to facilitate injury rehabilitation and for anyone who just wants to move better, and feel more co-ordinated and aligned in their body.

75-minute Rolfing Session
\$195 USD

ABOUT THE ART OF SWIMMING

The Shaw Method of swimming teaches you to swim with ease, grace and power and is based on better body mechanics, effortless breathing and efficient sustainable movement in the water, and strengthened connection between body and mind.

Maria joins you in the privacy of your villa pool and provides hands on guidance with simple progressions which build into an efficient yet powerful stroke with improved stamina.

Non swimmers will become more comfortable and learn to trust the buoyancy of the water, while advanced swimmers can achieve greater efficiency and ease in the water.

45 minute Shaw Method lesson
\$135 USD