

Debora Farrington
Registered Jin Shin Do ®
Acupressurist & Reiki Energy work practitioner

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INTENTION

It is a privilege to be of service , providing a blend of Holistic Healing modalities based in Jin Shin Do ® Acupressure & Reiki Energy work for clients, assisting with the balance of body, mind, & spirit.

SERVICES AVAILABLE

JIN SHIN DO ®

BODYMIND ACUPRESSURE ®

Reiki Energy work

“Jin Shin Do®” means “The Way of the Compassionate Spirit.” Jin Shin Do ® Bodymind ® Acupressure uses gentle yet deep finger pressure on specific acu-points and verbal Body Focusing techniques, to help release “armoring” or chronic tension, balance the “Qi” or energy and improve vitality. This clothes on method helps relieve stress and trauma related problems. A unique synthesis of a traditional Japanese acupressure technique, classic Chinese acu-theory, Taoist philosophy, Qigong (breathing and exercise techniques), Reichian segmental theory and principles of Ericksonian psychotherapy. Jin Shin Do ® acupressure was originated by Iona Marsaa Teegarden.

Jin Shin Do ® Bodymind Acupressure ® is not intended for the diagnosis, treatment or cure of disease. It is a relaxation therapy and a useful adjunct to licensed, qualified medical or psychological care. For any persistent pain or symptom, even a seemingly minor one, the reader is strongly encouraged to consult a medical doctor. When used in conjunction with standard medical treatment, the Jin Shin Do ® Acupressure technique can assist the healing process by releasing tension, decreasing stress and encouraging a sense of increased well-being.

For more information, please go to www.jinshindo.org

REIKI Energy work

Reiki assists in relieving pain, speeds the healing process, creates relaxation & helps balance the person's chakra's and energy system. While laying on of the hands, the practitioner becomes the conductor, creating connection for the energy to channel & come to balance. We are all connected channels. Healing practitioners are tools to guide us to find our own truths.

From a state of openness & relaxation, the person may be able to access the cause or discomfort that is manifesting physically & emotionally. All our answers lie within ourselves. We each find our own way to experience our spiritual nature.

By appointment, Debora's services will be available to a private clientele in their home location & in her studio in Sebastopol, Sonoma County, Ca.

HEALING WORK EDUCATION / RESUME

- 2013- present private practice Jin Shin Do Acupressure & Reiki Energy work
- 2011-2012 China retreat , Buddhist meditation & teachings with
Kentral Lodro Thaye Rinpoche
Jin Shin Do ® Acupressure & Reiki Energy work private clientele
- 2010 Kripalu Yoga Teacher Certification -- 200 hours
Great Barrington, MA
- Chair Yoga Teacher Certification – special needs and seniors
Great Barrington, MA
- 2009- 2010 Stamford Hospital Tully Center Health and Fitness Institute
Jin Shin Do ®, Reiki & Healing Touch Energywork practitioner
Stamford, CT
- 2007 Tibet retreat, Buddhist meditation & teachings with Kentral Lodro Thaye
Rinpoche & assisted teaching English with children
- 2006-2007 Jin Shin Do ® adjunctive training, Healing Touch People and Animals I & II
Bedford, N.Y., Norwich, CT and Boston, MA
- 2004 Energy Healing & Polarity Center Reiki I & II
Connecticut
- 1990-1992 Marion Rosen, Mayo Clinic, physical therapist, Rosen Method
Berkeley, CA
1988. Jin Shin Do ® registered Acupressurist certification
Coventry, CT and Idellwild, CA
- 1986-1987 Barbara Brennan School of Healing, author of Hands of Light
Bridgehampton, NY
- 1985 Polarity Therapy certification
Westport, CT
- 1983 Academy of Natural Healing / certified Massage therapist
Santa Fe, NM