

## **About Amma Art de Bien-Être and your « Virtual Session »**

Amma Art de Bien-Être is a Shiatsu and Amma Center that was founded in Pontoise in the year of 2010. (*Pontoise is situated in the southwestern suburbs of the Paris region, a beautiful town of art and history*).

The Shiatsu and Amma Center in Pontoise has helped many customers find health advice and guidance within each session.

These sessions have been integrated into their daily lives. Many customers come for a session once a month or if unbalanced energy occurs (accumulation of pain, emotional stress, fatigue, anxiety, restlessness, etc..) it's of advice to follow through with weekly sessions until energy is rebalanced.

As a certified therapist in Shiatsu, Amma massage, Qi gong and a student in Chinese Traditional Medicine in Paris and in Beijing, I would like to continue to apply my practice, allowing my knowledge to be of help to you in where ever you may be . If you're in other parts of France or if you're living in another country, may these virtual sessions allow you to learn more about your own self energy and how to find balance by the use of different methods..

### **The process during a virtual session :**

- **Energy balance** - Information will be requested to help clarify your present energy balance.

- **Auto-massage / Do-In** – You'll be guided in how to use acupuncture points on yourself, by automassage, this method will allow to disperse energy or stimulate energy where needed.

- **TCM nutrition** - Nutrition is the most important factor that attributes to one's health and well-being. Here we will focus on the approach of TCM (the nutritional aspect of Traditional Chinese Medicine).

- **Bach Flowers drops**- If needed the Bach Flower drops can regulate emotional unbalance.

**Qi Gong** – Qi Gong is an exercise that will favor the circulation of energy, by slow movements that are coordinated with breathing and concentration.

- **Yi King** – Through these ancient readings from « the Book of Transformation ». The Yi King can help us to understand more ourselves and to make us aware of one's personal development.

***If this approach interests you, I will give attention to your inquiry and I will be glad to guide you through a virtual session.***

- **To organize your session or offer a session to someone else**, you can contact me by e-mail :

[amma-art-de-bien-etre@hotmail.fr](mailto:amma-art-de-bien-etre@hotmail.fr) or telephone : + 33 6 81 92 02 66.

- **For payment**, you can use Credit Card or Paypal.

**A Virtual Session/ Classis:** During this session you'll receive complete guidance and advice adapted to your energy balance by the use of all the different methods indicated above.

40 minutes / 40.- € (Information and advice will be given during your consultation, except for the Yi King will be sent by e-mail).

**A Virtual Session/Premium :** During this session you'll receive complete guidance and advice adapted to your energy balance by the use of all these different methods indicated above.

40 minutes / 50.- € (Information and advice will be given during your consultation. This information will also be sent to you in the form of a virtual booklet).