

FEEDBACK FROM CLIENTS

"I went into the meditation course with the only expectation of learning to relax and unwind. Now I have completed 6 weeks and describe the experience as something completely different - a journey into mind and body. I learned that there is so much about our minds and bodies that we are only beginning to understand. An experience that has added value to my life - a great introduction to meditation."

Matt Bennett, National Business Manager,
S.C Johnson Australia

"Our whole family firmly believes in having regular Zen-Shiatsu treatments to maintain health and well being. We have been going for 13 years. Since we discovered Cornelia we have all treatments from her. Cornelia is an outstanding practitioner. We always feel the difference after one of her treatments - far more energy and vitality."

Martin, Linda, Luke and Georgie Mcavenna,
Birchgrove

"For more than two years I see Cornelia for treatments. It has a powerful affect on my health and well being. She accurately pinpoints my emotional "hot spots" and this gives me a lot of insight into my own body. Having Zen- Shiatsu with her is immeasurably helping me to move toward a holistic sense of myself. I strongly recommend you give Cornelia a visit. It will become the highlight of your week!"

Mary Catanzariti, Bronte, TV Operations,
SBS Television

"Following surgery, chemotherapy and radiation treatments for cancer, I have tried many forms of complimentary therapies to lessen the trauma. Cornelia's shiatsu and meditation sessions have been the most effective in restoring body and soul to well being. And thanks to her meditation classes I feel ready now to fly on my own."

Roz Lawson, Waverly, Journalist, Lecturer
TAFE Sydney Institute

"I enjoy regular Shiatsu treatments with Cornelia purely for the relaxing and energising benefits. I work on a computer for up to 8 hours per day and Shiatsu treatments have helped me release blocked energy and achieve deep relaxation."

Alyson Johnson, Graphic Designer,
Bondi Junction.



"Good For You" Health Clinic/Store
269 Bronte Road, Waverly, Sydney

Prices: \$70 for 60-minute treatment
 \$85 for 80-minute treatment

Member of STAA, Shiatsu Association Australia.



zen shiatsu
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