

Emie Locke

Certified CranioSacral and Esalen Massage Therapist

I am passionate about living into wholeness and helping others do the same.

I am on an intense personal healing journey for the last 20 years. I experience greater acceptance, peace, and freedom through many of the services I offer as well as other holistic approaches.

I've been on a wild home schooling adventure with my four kiddos since 2005. I started Balanced Living in 2017 and love my work more every day. I love nature, music, travel, mindfulness, writing, embodiment practices, coffee shops, deep conversations and inspiring people.

Balanced Living

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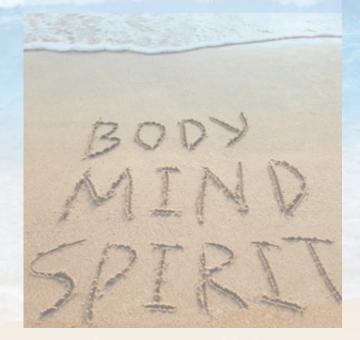


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Trauma Informed BodyMindSpirit Therapy Services

Restoring wholeness to BodyMindSpirit



Esalen Massage

Massage therapy increases quality of life, energy, and health as well as supports healing of acute injuries and symptoms. Esalen Massage is best described as the interface & integration of form, energy, structure, and soul. Its nurturing contact, integrating strokes, & detailed attention to the whole body provides a state of deep, healing relaxation.

Benefits of massage:

Ease depression
Improve sleep
Boost immunity
Relieve headache and chronic tension
Increase blood and lymph circulation
Reduce stress & effects on your health
Reduce and eliminate pain
Increase joint mobility
Supports PTSD recovery

For pricing and appointments, please visit... www.FindBalancedLiving.com

What is Trauma Informed BodyMindSpirit Therapy?

As a trauma informed BodyMindSpirit Therapist, I am skilled in creating physical, psychological, emotional, and spiritual safety necessary for those with dysregulated nervous system responses due to acute or chronic trauma or stress to move in the direction of healing and empowerment. This environment of safety within the context of a loving therapeutic relationship allows opportunity for your entire BodyMindSpirit to release and begin repatterning your system from stress responses into a sense of control, empowerment and peace in your inner world first and then your outer world. Healing trauma and retraining a dysregulated nervous system takes time. My approach is to follow the wisdom and insight of your BodyMindSpirit on its journey to greater wholeness

CranioSacral Therapy

I am a certified CranioSacral Therapy
Practitioner through Upledger Institute.
CranioSacral Therapy is a light touch therapy
that locates and helps release tensions
throughout the various body systems to
relieve pain and dysfunction. This improves
whole BodyMindSpirit health and vitality.
I incorporate trauma informed therapeutic
approaches to help regulate a dysregulated
nervous system allowing the body to enter
into deep relaxation and its natural ability to
heal and self correct.

Conditions CST addresses:

Migraines and headaches
Chronic neck and back pain
Stress and tension disorders
Motor-coordination impairments
Brain and spinal cord injuries
Chronic fatigue
Fibromyalgia
TMJ Syndrome
PTSD
Scoliosis
Central Nervous System Disorders
Learning Disabilities
ADD/ADHD
Emotional Processing
Somatic Emotional Difficulties

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Life Coaching

My strength in Life Coaching is in helping you identify and move past distractions and barriers in BodyMindSpirit into the riches of your own inner world. I love helping you get in touch with your deepest desires, inner empowerment, life purpose, light and shadows within.

I incorporate embodiment practices, mindfulness techniques, mirroring, question asking, dream tending skills, emotionally focused therapeutic skills, positive psychology skills, and many other skill sets gleaned and studied over the last 25 years of working in BodyMindSpirit growth and development.

If you feel led to work with me, please call or text for a brief interview process. This is necessary to ensure that I can offer what you are looking for. If I feel I cannot provide the support you are needing, I have several contacts to refer you to.

I work with ages 15 and up. People of all cultural, spiritual or sexual orientation welcome.

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