



## **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*

## **VISALIA OFFICE**

4126 S Demaree St - Suite A  
Visalia, CA 93277



## **CARMEL OFFICE**

3771 Rio Road - Suite 103C  
Carmel, CA 93923

**559-372-9021**

[FindBalancedLiving.com](http://FindBalancedLiving.com)  
[Emie@FindBalancedLiving.com](mailto:Emie@FindBalancedLiving.com)



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](http://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

For pricing and appointments, please visit...  
[www.FindBalancedLiving.com](http://www.FindBalancedLiving.com)



## 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.

For pricing and appointments, please visit...  
[www.FindBalancedLiving.com](http://www.FindBalancedLiving.com)

*Breathe*  
*Let Go*