

Welcome by Christa Maxima Ohly

for holistic offer for body, mind and soul.



I am trained as:

- Tao Yoga Teacher since 1998.
- Back straightening and pelvic obliquity correction therapist
- Divine Soul Healing & Teacher
- MET - Therapist
- Reiki Master
- Applied Kinesiologist
- Aura Chakra Balancer
- Craniosacral Therapist
- Nutrition consultant

There are causes of mental and emotional conflicts that show up in the body as blockages, emotional problems, and even as structural disorder of spine and bones. According to the individual situation I correct and balance all levels with either one of the techniques or a combination of possible methods as there are:

The divine spine straightening - healing on all levels

Spine and body straightening, pelvic obliquity correction with leg length adjustment and spinal column with straightening of the shoulder blades, all problems of the spine and musculoskeletal system such as: • crooked pelvis • unequal legs • different levels of shoulders • slate neck • axial rotations • arched lumbar

This treatment can also be done for children and animals.

Meridian Energy Technique (MET)

MET includes a gentle tapping on certain meridian points that resolves energy blockages.

It finds application in: • fears and phobia of all kinds • trouble

- Attention Deficit Disorder (ADHS) • depression, resignation • jealousy
- Stress • feelings of guilt • grief • trauma • anger • Eating Disorders • Weight problems • inhibitions • addictions • sleep • Allergies, asthma, joint and limb pain, headaches, migraines, etc.

Craniosacral Balancing

is ideally suited to reduce successfully stress symptoms.

Through gentle touch and soothing techniques, the immune system and the forces of the autonomic and central nervous system are activated. Craniosacral Balancing helps assist in: • head and back pain • migraine, vision and TMJ problems • Stress and its sequelae • Insomnia, etc.

Aura- Chakra and Energy Work.

Our subtle field (aura) is a highly sensitive information and perception system. Each of the chakras controls its associated organ functions and acts simultaneously on the emotional, mental and spiritual level. Therefore, our well-being depends on whether these chakras are cleansed of negative, blocking influences and each chakra is balanced.

Tao Yoga,

Qi Gong, abdominal massage (CNT) & Cosmic Healings a combined system of self-healing

- Tao Yoga, by Master Mantak Chia.

In most cases already one session brings up major corrections, and 2-3 sessions will deepen the success even more.

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