

Terra Pearson

Integrative Bodywork



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Isis Osiris
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Therapeutic Massage
Prenatal Massage
Zero Balancing
Deep Tissue

Craniosacral Therapy
Intuitive EnergyWork
Sound Healing
Reiki

Each of my sessions is unique and emerges in response to your needs. With open ears, eyes, hands, heart, and intuition I listen attentively for what will be most nourishing for you in each moment. Some sessions focus on bringing ease to physical discomfort, pain, or injuries; others focus on your process of inner growth and awakening. Sessions are often experienced as multi-dimensional journeys that engage all aspects of your Being—physical, spiritual, energetic, emotional, and mental.

What follows are brief descriptions of the main modalities that I use. We might focus on one modality or include techniques from a variety of sources:

Craniosacral Therapy connects directly to the central nervous system and the “breath of life” that resides there. It invites deep states of relaxation, which activates the body’s natural healing abilities. Gentle holds are used to communicate with the subtle rhythms of the body, bringing greater ease and harmony. CST has the unique ability to affect the bones of the head and the alignment of the vertebrae and sacrum, but it can also address conditions in any area of the body and Being. This graceful approach often brings a multi-dimensional cohesiveness and a deep state of peace.

Integrative Massage - infused with Reiki, Polarity, Shiatsu, Tuning Forks and more: Using Swedish Massage as the base, I integrate various healing techniques as they are called upon. Flowing strokes with applied oil soothe you into deep relaxation. The soft tissues of your body are bathed in nourishment.

Deep Tissue Massage reduces pain and stiffness in the tissues of the body. It lengthens tight muscles and tendons, releases holding patterns in the fascia, breaks apart scar

tissue, separates adhesions between the muscles, and re-hydrates brittle muscles. The pressure is often firm and directive, but avoids being forceful or painful.

Sound Healing with Tuning Forks and a 38-inch Earth Gong: Sound vibrations are able to heal a broad range of conditions. The main tools I use for this are carefully crafted tuning forks that emit the frequencies of celestial bodies, each with distinct affects. The tuning forks are placed on meridian points, the energy centers used in acupuncture and shiatsu that affect physical, emotional, mental, and spiritual wellbeing. My 38-inch Earth Gong also contributes to sessions with its multi-layered sounds that transport its listeners to many realms.

Energy Readings provide opportunities for your divine essence to share its wisdom. As I tune into your energy-body I perceive images, sensations, and insights that provide a roadmap to our session. These are life-affirming qualities within you that are ready to emerge more fully. As we attune ourselves here we allow this intrinsic medicine of yours to transform patterns you have out-grown and to bring you to new places of embodiment. It is an honor and inspiration for me to engage in this sacred process!

Zero Balancing works with the interface of structure and energy, specifically that of the bones, joints, and soft tissues. Subtle traction and finger pressure is used to release stuck energy, allowing it to flow freely as a life-enhancing force. As physical structures of the body are reorganized, it creates clearer pathways of communication throughout the body. People often feel more clarity, energy, and balance after ZB sessions.

Many sessions include techniques inspired by **Ortho-Bionomy®**. A key principle of this modality is to “follow the path of ease.” Through gentle touch and supported positioning the body gracefully releases its tension and holding patterns, returning to its natural state of ease.

Testimonials: *Language doesn't do Terra's diverse energy/body work justice: it's difficult to explain the feeling of dropping into bliss even as painful, stuck emotions drop out of the system. She communicates ease to the system, offering the invitation to surrender to our Being.* ~Rebecca Owen, Personal Evolution Coach, Intuitive Energy Work

Terra has the unique ability to create a dynamic healing space that covers a broad spectrum of skill. Combining knowledge and skill with grounded compassion and intuition, her ability to create this space offers me the opportunity to sink into a journey of full nourishment. - Zena Bardelás, Asian Bodywork Therapist & Qigong Practitioner