



Flurina Niggli



**Shiatsu
Bodywork
Mindfulness**

With over 20 years of experience in private practice for bodywork and naturopathy and 26 years of meditation practice, I am passionate about guiding people to their inner resources and helping to stimulate healing from the inside out.

Bodywork

Working from a holistic, integrative perspective, I view the body as a reflection of the whole person and of all lived experiences. The body is the “home” of emotions, belief systems and spiritual expression. With the different modalities I am trained, I am able to customize the treatment to the individual.

Mindfulness

...is awareness, cultivated by paying attention in the present moment, non-judgmentally. Focusing attention on present experience and away from potentially distressing thoughts about the past or future, mindfulness helps to reduce tension and worry and improves your resilience to deal with daily challenges as well as depression and anxiety.

**Mindfulness coach
Meditation
Shiatsu
Massage
Lymph drainage
Foot reflexology
Qi Gong & Tai Chi
Pre- & Post Natal services**



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