

What is SEVA Stress Release Acupressure?

SEVA is a Sanskrit word meaning "selfless compassionate Service". "SEVA acupressure was developed by Soul Lightening following the events of September 11, 2001."

"It was created as a gift to the world to relieve suffering and was first taken to New York City, It was delivered to those who endured such tremendous shock and stress during that time. Since 2001 we have found that the SEVA Stress Release is a very easy-to-learn method. We are now providing services and teaching this workshop all over the United States and Europe to lay-people and health care professionals alike."

This method of acupressure can be self-administered, or given to another person who is seated or lying down. The receiver stays fully clothed and finds a comfortable resting place. There are 15 specific points on the body that are accessed in order with firm but gentle finger pressure. The session begins and ends with a full body stretch, and takes about 20 minutes to complete.

Because the SEVA Stress Release is noninvasive, requires no special equipment, is simple to perform, and only takes a few minutes to receive, it can be given to anyone in virtually any setting. It is an extremely useful and accessible tool for addressing a wide range of needs, including general relaxation or extreme shock or stress.



My Background Experience

Masters in Education from Cardinal Stritch University and taught as an adjunct at a local university.

Trained as SEVA Stress Release Acupressure Teacher for Soul Lightning Acupressure

Currently a student of Clinical Acupressure working towards certification under the supervision of a faculty mentor. For more information visit <http://www.soullightening.com>

Reiki Master Teacher trained by Arline Rowden.

Karuna Reiki® Master trained by Betty Pound

"Awakening Your Light Body" Graduate

Spiritual Companion for Women as a Story Midwife trained by Trish Bruxvoort Colligan.

Meditation leader trained at the former Meditation Institute.



Spirit Space, LLC

SEVA Stress Release Acupressure for Self Care, Family and Clients

Susan Hodges, SEVA Teacher

My Studio is located at Kindred Spirit Center

2312 N. Grandview Blvd, Suite 101

(Off of I94 & T)

Waukesha, WI

First Floor, Handicap Accessible

For more information

<http://www.SSpirtspace.com>

or contact me at

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Services/Classes Offered

3 hour SEVA for Self Care Class

- 1. You will hear about a short history of acupressure and the development of Soul Lightning Acupressure.*
- 2. We will discuss how energy moves through your body.*
- 3. You will learn about the healing and transforming power of acupressure.*
- 4. You will learn specific acupressure points to use for self care with plenty of review of the points.*
- 5. You experience SEVA Self-Care as we will spend time on the details of the points so you will feel confident to use this after you leave.*
- 6. You will take home useful practice materials and skills you can use immediately – there is a 22 page manual which includes illustrations and affirmations of the SEVA for Self Care.*

****When you attend a SEVA Self-Care class you will be asked to sign an agreement not to teach SEVA to others for a fee. You may and are encouraged to show your loved ones SEVA and encourage them to do SEVA, too. Or you can refer them to one of my SEVA Classes for Self-Care.*

All class materials are copyrighted through Soul Lightening.

6 hour SEVA for Self Care, Family and Clients Class

- 1. Includes the same information as the 3 hour self care class.*
- 2. More time is given to review the points.*
- 3. Includes how to do SEVA Stress Release Acupressure when someone is sitting in a chair or on a massage table.*
- 4. Includes an opportunity to exchange bodywork as you practice the techniques to use for self-care and/or with others.*
- 5. Take home useful practice materials and skills you can use immediately – there is a 30 page manual which includes illustrations of the SEVA for self-care and others and other information about the SEVA protocol and the points used in it.*

****When you attend the SEVA 6 hour class you will be asked to sign an agreement not to teach SEVA to others in a class and that you will charge no more than \$20 if you are offering SEVA as a stand alone process which takes about 20 minutes.*

You may and are encouraged to show your loved ones SEVA and encourage them to do SEVA, too. Or you can refer them to one of my SEVA Classes for Self-Care. You may show your clients how to do SEVA for themselves during and as part of one of your sessions and charge your regular fee for that session. You may include SEVA in sessions for other body work such as Reiki or massage and charge your regular fee for that session.

SEVA Stress Release Acupressure Session

SEVA Stress Release Acupressure is a gentle acupressure method for balancing and renewing your natural state of well-being.

You will be fully clothed either lying on a massage table fully or sitting in a chair while soft music is playing. There are specific acupressure points on the body that are accessed in order, with firm but gentle finger pressure.

The session begins and ends with a light full body stretch, and takes about 5 minutes to complete. Plan on about 30 minutes.

SEVA Stress Release Acupressure can be added at the beginning of a Reiki Session. There is no additional cost added to the Reiki session.

See current flyer or website for class schedule and prices.

CEU's available from Soul Lightening .