

## FEES for Sessions, Programs, Certificates, etc.

	½ hr	1 hr	1½ hrs	2 hrs
<b>Regular Pmt Rates:</b> (cash / check)	\$ 40	\$ 70	\$ 90	\$ 120
<b>Programs:</b>	3 sessions:	40	65	85
	5 sessions:	35	60	75
	10 sessions:	30	55	60
		105		

### For Programs (Advance-Paid):

- A bonus session of same time length is given for every 10 sessions that are scheduled, more than 7 days in advance (and kept), and that average less than 15 days in between sessions.
- There is a penalty of 1 session for each time the interval between sessions exceeds 21 days, and for every 14 days after that.
- Session overtime is charged according to "Regular Pmt Rates".

**"Month-Plus" Rates:** (Based on number of Weeks *In-Between Sessions*. Rates Shown are for a 1½ hr session.)

- 1-3 Wks: \$60
- 4 Wks: \$65
- 5 Wks: \$70
- 6 Wks: \$85

### 1st Session Discount

- 50% off or 1st two sessions at the price of one.

### Gift Certificates:

- Decorative Gift Certificates are available: \$85 for 1½ hours, \$65 for 1 hour.

### Referral Appreciation:

- One free session is granted for referral after paying regular or program price for a session.

### Changes & Cancellations:

- By Phone Only Please, not by Email. The full fee is due for less than 24 hrs advanced notice.

### Programs & Incentives:

- With Month-Plus Rates (paid each session), the greater incentive is for shorter intervals between sessions.

With Advance Paid Programs the greater incentive is for regularity of appointments.

### SportsPkgs

- Ask about Sports Pkgs: ie: 6 sessions - \$300

### Senior Discounts:

- Seniors (over 65yo) receive 5-Session Program Rate (ie: 1½ hrs: \$75).

### Sliding Scale Rates & Barter/Trade:

- I am fairly open to these means and will consider needs/requests on a case by case basis. I keep a list of items and services that I may trade for. Please feel free to ask (by phone, email, or in person).

### Sessions Are By Appointment Only

Appointments need to be made or changed via 206-286-0899.

I do not Tweet nor text via this phone. I may "text" with clients who come in on a regular basis (via another phone number).

I welcome queries or comments via email, although I may take one to three days to reply.



IEBW-Brochure-4'18  
Artwork by Chris Pringer

## Reiki & Other Energy Work

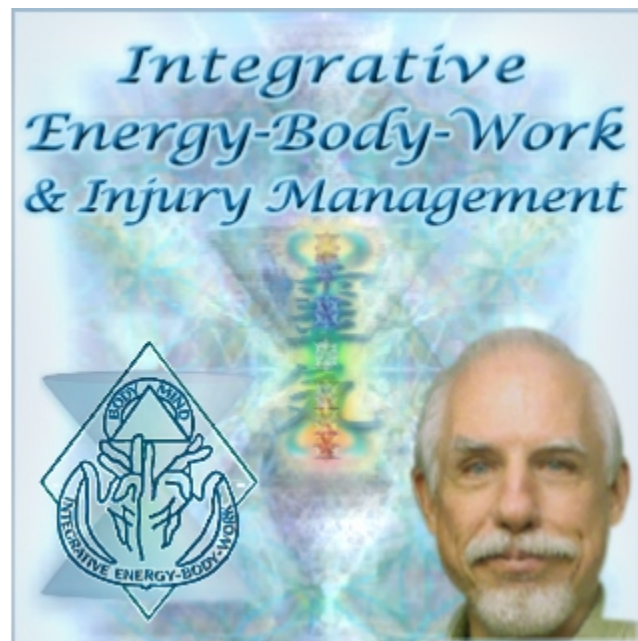
Reiki is, put very simply, like applying jumper cables to a battery and conveying a charge via the natural flow of energy through its established channels in the body. I like to say that it provides the basic resource "fuel" for healing change as it reminds the cells of their divine connection & guidance, increases interconnections between the cells, so they open to increased circulation of blood, lymphatic fluid, & central nervous system fluid in the spine & brain. The effects of Reiki are generally perceived as subtle, yet lending both tranquility & vitality. That of Qigong & other energy-work systems may be more pronounced as they are usually more specifically directed.



## Reiki & Qigong Attunement & Certification

(140 Hrs; Details on training & certifications at on-line brochure)

- Master Teacher, "Kundalini Reiki, Full Spectrum" to 9th Level with Gtunmo & Devic Templates, with Khalid Nashmii, Sept. 2004. (16 class hrs)
- Reiki training & initiations to 3rd Degree Master with Diane Harvey, May - Oct. 1991.
- Yi Ren Medical Qigong Seminars on Chronic Pain (12 Hrs), on Chronic Fatigue (12 Hrs), with Dr. Guan-Cheng Sun, Ph.D. at Yi Ren Qigong Center, Seattle, WA, October 2010 & June 2011 respectively.
- Apprenticeship (100+ hrs) with Robert "Mitra" Battersby, Presbyterian Minister, psychotherapist, psychic, Reiki Master, healing practitioner, Nov '84 to June '86.



**Chris Pringer, Reiki Master,  
Integrative Energy-Body-Worker  
Injury Prevention/Treatment Specialist  
Body-Mind Awareness Coach  
Counselor, Ordained Minister**

**Over 30 Years Experience**

**Ballard (Seattle, WA)  
206-286-0899**

**All appointments by telephone only.  
Counseling also available via telephone.**

**I draw upon my energy work experience since 1980-82, my massage therapy practice and related training since 1984, which includes over 1700 hours of formal studies and practicum. The details of my training are included inside and in detail at my on-line brochure:**

**<http://www.chalicebridge.com/Bmi-Brochure.html>**

**Email: [chaliser@chalicebridge.com](mailto:chaliser@chalicebridge.com)**

## Services Offered

In General, I employ a variety of energy & body work, as well as body awareness-building approaches for therapeutic relaxation & chronic pain, for minor & major injuries, for immediate circumstances as well as preventative maintenance for the long term. The work varies depending on the needs of the client in any given session. References are available; Testimonials can be accessed via the online brochure.

### Sample Approaches & Techniques

✦ **Integrative Energy Work:** a multi-faceted energy balancing system which may include Reiki and Polarity Work, Qigong, Therapeutic Touch, other Energy Balancing approaches, touch, or other focus on energy points, including for minor & major injuries.

✦ **Reiki Therapy** (by itself)

✦ **Massage / Bodywork Therapies**

✦ **Preventative Health Maintenance**

**Counseling:** Coaching / Instruction based in Body-Mind Awareness based Preventative Health Maintenance and Yi Ren Medical Qigong.

### Bodywork / Massage Techniques

(Details on training & certifications at on-line brochure)

Most of my formal training was at The New Mexico Academy of Massage & Advanced Healing Arts, Santa Fe, NM, an AMTA accredited school, (830 Hrs plus 250 Hrs journalized practicum), Sept. '84 to June '85. This included Esalen & Swedish Massage, Deep/Connective Tissue Work, Neuro-Muscular Re-Education, Proprio-Neural Facilitation, Orthobionomy, Myotherapy, Reflexology, Shiatsu, Acupressure, Jin Shin Jit Su, Trager/Joint Mobilization, Strain Counter-Strain, & Hydrotherapy (incl. "Hot Stone" application).

Other Courses (165 Hrs) included Muscle Energy Technique, Treatment of Common Injuries, Clinical Study-Low-Back Pain & Dysfunction, Myofascial Massage Therapy for Low Back Pain, Aston Patterning, "Whiplash, Spinal Trauma & the Chiropractic Personal Injury Case," Hakomi Body-Centered Psychotherapy. (More about **Yi Ren Medical Qigong** on reverse and in the on-line brochure.)

## My "Niche": What Makes My Work Different

✦ **"You know exactly where to go"** These are the words I often hear, and I believe that refers to my skills in trouble-shooting -- How I read the textures of muscles, sense the varying degrees of tension and holding patterns in the muscles, note the relationships between them, devise plans (approach & techniques) to reduce tension and patterns - all specific to that individual - and employ my 25+ years of experience in accomplishing the goals of the client for a given session. I revise plans on the fly as needed to accomplish results in a relatively short time. Based on what I learn works with an individual client, I not only revise techniques, but have created many new ones for when I encounter those same conditions with another client.

✦ **Pressure & Sensitivity:** It helps greatly that I have always been unusually capable at varying the degree of pressure to apply when employing touch-based techniques. I sense and/or learn quickly the optimal amount of pressure for any given area for an individual, allowing me to work as deeply as possible without causing the muscles to tense up further. All this comes from being very strong physically, yet much enjoying the subtlest perceptions.

✦ **Assessment of Condition:** I also fairly quickly assess the sources of tension for an individual, and employ his/her assistance as much as possible in addressing those sources - using the counseling and instruction referred to in other sections here.

✦ **Bodywork Approach:** My overall approach stems from my belief that touch-based therapies are primary for preventative maintenance, that this is primary to health overall. While I do enjoy a client's "Ahhhhhhh's" from experiencing much tension release, I believe that touch-based therapies are not a "luxury," but a most basic and necessary component of well-being.

Elaboration on all aspects is available via essays & documents (noted herein & underlined in blue) which are at my web site, & linked to from my on-line brochure. As are Testimonials (on their own page). All via this link: <http://www.chalicebridge.com/Bmi-Brochure.html>

## Body-Mind Awareness and Preventative Health Maintenance

I teach self-healing awareness exercises & attitudes, and realistic goal-setting: Based on an assessment of holding and movement patterns (developed by the body's responses to stress), I teach body-awareness techniques that facilitate monitoring and adjusting one's physical body (postural and/or muscle tension & tone). One can then use this awareness during subsequent experiences of stress-loading events to break unproductive and/or painful habits. I suggest various exercises, reading, web sites for access to many resources for health and healing. See essay, "Tensing Yoga..." regarding one of the main techniques that I teach- from basic application to indepth understanding particularly as related to muscle tension range or "work/ rest ratio".

The essay, "Body-Mind Integration in the Personal Growth Process" & support essays on the same page provide the basic hows & whys related to the storage & release of tension and "body memory" in the muscles and fascia. (core essay published in Massage Magazine, July-August, 1992)

### Counseling Approach, Instruction

My approach is based in a blend of Hakomi "Body-Centered Psycho-Spiritual Process," Gestalt Psychology, Buddhist psychology, and New Thought philosophy. This mind-body-spirit fusion extends to the cell level with "re-parenting" dialog and related techniques, integrating a preventive maintenance approach with the principles of physics as well as of naturopathy. Elaboration on this and related perspectives is available via the online brochure.

### Formal Counseling & Other Training

( 335 Hrs; Details on training & certifications at on-line brochure )

This Includes: Two Hakomi Psychotherapy Workshops with Amina Knowlan, Michael Herrick & Leah Gardner, 100 Hr Master Hypnotist Training with Alchemical Hypnotherapy Institute, "Emotional Support for People with Aids", "Love, Therapy, & Therapist..." Seminar, 50 hr Apprenticeship in Herbal Studies with Silena Heron, RN, ND, Aromatherapy Class "Sacred Aromatics." In Addition, counseling & related courses were also included at the New Mexico Academy.