

## About Jane Okondo



Jane is based in Blackheath and has been in private practice in the healing arts for 14 years as an integrative breath, cranio-sacral and somatic trauma practitioner. She is a member of the British Rebirth Society, and co-founder of a comprehensive training in Integrative Breath Therapy that is registered with the Complementary Medical Association.

Lovesbody is the name for her private practice and classes that incorporate her on-going research in the field of breath and how the fluid system is a source of healing intelligence in the body.

She has travelled extensively and has throughout her practice been in on-going training and development, integrating current research and new developments in breath, health, and wellbeing.

To receive a free information pack on the benefits of health and breathing go to:

[www.lovesbody.co.uk](http://www.lovesbody.co.uk)

# Relaxation is the key

## Conscious Healthy Breathing Cranio-sacral Healing Resource Coaching

### Client Testimonials

“Having Jane in my life has been a most wonderful and enriching gift. Her ‘softness’ creates the most wonderful healing and nurturing space, where my whole being is able to drop into a deep sense of calm and stillness. Jane has the ability to open up a whole new world of possibilities, where the infinite wisdom and subtle language of the human body can be explored. Thank you for being in my life!”

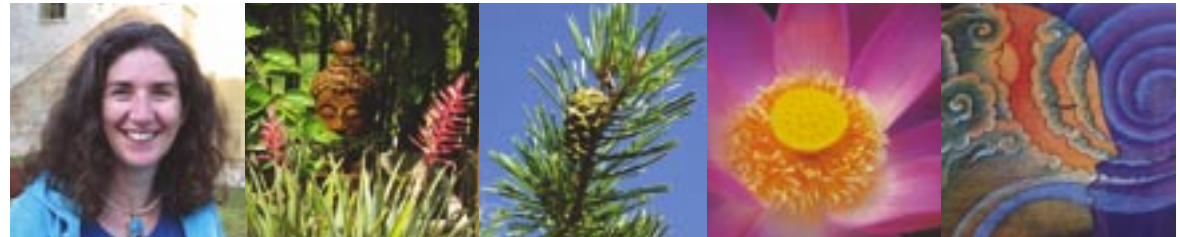
*Tajinder Chana*

“Working with Jane is refreshing, inspiring and never dull. Her genuine and gentle approach to (the) work enables me to feel safe and accepted for who I am. With Jane’s support, I have achieved real progress in my journey of self-discovery. Jane is extremely loving, kind, open-minded and intuitive. I think she’s fab!”

*Enrico Pinna*

“I have had the privilege of studying with Jane for two years now and she still continues to teach me new skills and knowledge. In particular I love the way she opens her heart to connect with me in a beautiful and compassionate way. She has taught me through example about unconditional love and I cannot thank her enough for that. Jane will always have a special place in my heart.”

*Debbie Abrams*



To book a session, contact Jane on:

**Tel: 0208 318 9466**

**eMail: [jane@lovesbody.co.uk](mailto:jane@lovesbody.co.uk)**

One2One sessions provide time and space that is just for you. Be healthy, joyful, happy, and well.

Call Jane on 0208 318 9466.

*Lovesbody sessions provide space that is just for you. Going through a series of sessions is a life transforming experience.*



## Feel fully relaxed and well...

**Cranio-sacral healing** is a gentle and wonderfully effective treatment for stress and tension-related problems, such as neck and back pain, emotional difficulties, and chronic fatigue.

Be well. Be happy. Be vital.

By listening with a gentle touch to the movement and fluidity of your body, it is possible to recognise and locate where your body is holding or blocking energy. These constraints often show up as a feeling of fatigue, stiffness and stress.



The Benefits include:  
Feeling calm and relaxed.  
Feeling at ease in your body.  
Being healthy and well.  
Experiencing a new level of vitality.  
Feeling peaceful.

Cranio-sacral healing allows the body to relax, and activates the deep healing intelligence of the body. This treatment is extremely nourishing and will leave you feeling refreshed and balanced at a very deep level. Sessions last one and a half hours and cost £60. A free one hour Resource Coaching session is included when you book a series of six cranio-sacral sessions.

## Cranio-sacral Healing

## Breathe and be energised...

**Conscious breathing sessions** are an effective and beautiful access to living a deep and powerful life. For personal issues that impact you both physically and emotionally it is a wonderful way to find inner peace and wellbeing.

A session begins with coaching and counselling on issues that you wish to transform after which you will lie or sit whilst supported through a conscious breathing practice.

The benefits of conscious breathing sessions are numerous. Often people share after a session that they feel clear and energised; that their breathing is open and easy; they feel connected, centred, and still, and have profound insights and clarity on what actions to take in life.

Conscious breathing is a simple, yet powerful way of opening your life to grace and beauty. Once you have moved through a series of sessions, you can continue with this breath practice on your own, and continue to deepen and expand the benefits, enriching your experience of life.

Each session lasts approx. two hours and costs £80. A series of five sessions costs £400 and includes a free group breathing session. Jane offers a free half an hour introduction where you will receive an information pack on the healing potential of breath.

## Conscious Healthy Breathing

## Love life...

Do you know what your problem is but are not able to make changes? **Resource Coaching** is designed to create a shift and have fun whilst doing so.

In Resource Coaching you will naturally begin to re-orient yourself, and free up your energy to get into action and create an effective and enjoyable life.

The benefits of Resource Coaching are that you learn exactly how to nurture yourself whilst taking new steps towards creating a life that is based on creation rather than survival. You will also have the support of someone whose sole purpose is to support you in clearing the pathway to achieving your goals.

Live a life you love. A Resource Coaching series of four sessions is £240. A series of eight sessions costs £480 and includes a free session of your choice.

## Resource Coaching

Call Jane on: 0208 318 9466

To join a monthly newsletter and receive up to date information, research, and healing meditations go to:

[www.lovesbody.co.uk](http://www.lovesbody.co.uk)