

# Cameron Walker



## WELLNESS THERAPIES

Cameron is a wellness therapist with over two decades' experience in Iyengar yoga, remedial massage, deep tissue massage and breath work. His true calling being craniosacral therapy, Cameron has been travelling the world for years, working holistically to help people release and unlock their true potential.

### Neck & Shoulder Release

Stress, anxiety, modern, digital lifestyles and poor posture nowadays exacerbate the strain on these areas of the body. This session works with a combination of trigger-point therapy and firm, supportive pressure strokes to provide a gentle melting of physical tightness and a relaxation of the mind. A much-needed therapy in an always-on, hyper-productive world.

*Recommended for posture- or injury-related pain/stiffness in the neck, head, jaw or shoulder areas, headache/migraines, anxiety and stress, immobilizing pain. 45 mins USD 195++*

### Craniosacral Therapy

A journey of letting go: through gentle, hands-on techniques, Cameron senses tensions or imbalances in the body, and works to gently release them, leaving you with a feeling of lightness and internal balance.

*Recommended for chronic pain, muscle and joint issues, migraine headaches, jaw dysfunctions, anxiety disorders and emotional traumas. 60/90 mins USD 240/295++*

### Breathwork 60-90min

The session helps integrating full, connected, flowing breaths through the body. Once the breath flows freely, it clears space, opening up the energy channels for a more centred, aware self. Deeply healing.

*Recommended for chronic pain, anxiety, depression, insomnia, anger issues, trauma and post-traumatic stress. 60/90 mins USD 240/295++*

### Complete Release 60-90min

As the name suggests, this therapy is designed to ease tensions, leaving the body, mind and spirit relaxed. The session begins with trigger point therapy, followed by breathwork and gentle stretching. This leads to a deep meditative state where craniosacral therapy works its magic, resulting in a lighter, liberated you.

*Recommended for chronic pain, anxiety, depression, everyday tensions, trauma and post-traumatic stress. 60/90 mins USD 240/295++*

Prices are in USD and are subject to 23.2% government taxes and service. Please book with your Katheeb/a or contact Javvu Spa reception.