



Zen'su Background

Zen'su was pioneered and developed by Anthony McGrath.



Anthony and Mary are both highly experienced CrainoSacral Therapists having treated literally thousands of clients in both the USA, Europe, Asia and Africa. Both have received extensive training in CST. Both hold many qualifications in this field.

What is Zen'su?

Zen'su is the natural evolution of the aquatic body work system known as Watsu, itself an evolution of Shaitzu a traditional form Chinese body work performed on dry land.

Zen'su combines the five basic principles of Watsu with powerful techniques from the realm of CrainoSacral Touch.

Pioneered and Developed by Anthony McGrath HHP Zen'su has the following key benefits:

Expansion of key joint and mobility fulcrums in the whole body

Mobilization and rebalancing of the entire Spinal Complex

Balancing of the Vestibular and Proprioceptive systems of the body.

Release of key diaphragms in the connective tissue system of the body.

Balancing of the Central Nervous System.

Conditions

* Autism
* Central Nervous System Disorders
* Chronic Fatigue
* Chronic Neck and Back Pain
* Colic
* Concussion
* Emotional Difficulties
* Fibromyalgia and other Connective-Tissue Disorders
* Infantile Disorders
*Infertility
* Learning Disabilities
* Motor-Coordination Impairments
* Neurovascular or Immune Disorders
*Orthopedic Problems
* Post-Traumatic Stress Disorder Post-Surgical Dysfunction
* Scoliosis
* Stress and Tension-Related Problems
* Traumatic Brain and Spinal Cord Injuries
*Temporomandibular Joint Syndrome (TMJ)

What Conditions is Zen'su suitable for?

By complementing the body's natural healing processes, Zen'su is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, including but not limited to:

What can I expect?

Each clients situation, symptoms and conditions are unique. We honor this and we work with you to harness the natural healing power of the body.

Each session is once again unique but in general the first session lasts about 60 minutes and follow up sessions should they be required last about 60 minutes.

A comfortable swim suit

How many sessions will be required?

As each client and condition is unique we will advise you on this as we progress:

In general, the longer the condition has not been addressed or treated, the more chronic it has become, the more sessions will be required.

Our aim is to help facilitate relief in as few sessions as possible.

How does a session cost?

Please see our prices page.