

Our Energy Practitioners



Retired from nursing, **Nancy Evans** launched a new career and has helped 100's of children & adults overcome symptoms of stress, anxiety, & learning disorders. Nancy offers Integrated Acupressure Technique™, Reiki, and Future Bridging™ sessions.



A gifted healer, massage therapist & former nurse, **Michelle Neils** is excited to offer her diverse therapies. She tailors her energy sessions

to her clients' unique needs. Michelle offers Integrated Acupressure Technique™, Reiki, and CranioSacral Therapy™.



Mary Dravis-Parrish has been utilizing energy modalities since 2006 to assist her clients to have more access to the power that lies

within allowing the body to heal on all levels. Mary offers Access Bars® and Body Process, including the Energetic Facelift.

What Energy Practitioners do



Our Energy Practitioners work with the body's energy systems.

This includes chakras, auric fields, meridians, and life force energy called Qi.

When the energetic systems are out of balance or blocked, the physical system can be affected, fatigue or illness may occur.

Our practitioners offer a variety of techniques. Our clients often say they feel relaxed, peaceful, and calm after treatment. They may also have relief from headaches, pain, and stress along with a variety of other benefits.

Schedule your energy session online or by calling (970) 282-8300.

**Fort Collins CommUnity
Acupuncture & Massage**

149 W. Harvard St., Suite 401
Fort Collins, CO 80525
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(970) 282-8300

Energy Work

Fort Collins CommUnity
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communityacu.org



Energy Work is likely the oldest of all the healing arts. The natural instinct of a parent to gently cradle their child's scraped knee speaks to our inherent awareness of the power of touch combined with love and healing intention.

Today, many people have discovered energy work and consider it a valuable addition to their wellness plan.

Our practitioners are gifted healers who are highly trained, experienced & qualified to serve you.

Integrated Acupressure Technique™

IA Technique is an acupressure based energy system that supports optimal function of mind, body, and spirit. By focusing on hidden subconscious beliefs, IA helps people release negative thoughts & beliefs contributing to imbalances and pain. This allows for new positive change!

Reiki

Reiki means “Universal Life Energy” and can be described as the energy which exists in all living things. Energy blocks can result in imbalance & disease. The Reiki Practitioner lays hands on the client in a particular sequence to balance energy. Benefits may include reduced pain and stress.

Access Body Process®

Access Body Process is a hands-on method that uses different hand placements at various positions on the body where specific energies are run. This process helps facilitate returning the body back to its original functions. Using natural universal energies, Access Body Process creates more ease, health and wellness. Included in these processes is the Energetic Facelift Process for reducing the effects of aging and degeneration.

Access Bars®

Access Bars have been changing peoples lives, bodies and realities for over 25 years. There are 32 bars of energy that run through and around your head connecting to different aspects of your life. The points that are touched are called “The Bars.” They store the electromagnetic component of all the thoughts, ideas, attitudes, decisions and beliefs you have ever had. This is very relaxing while undoing limitations in all aspects of life.

“By opening blockages in the energy pathways and reawakening our innate ability to sense energy flow, we can recover our health and natural balance.” – Ilich Lee

CranioSacral Therapy

CranioSacral Therapy is a gentle hands-on method of evaluating and enhancing the functioning of a physiological body system called the CranioSacral system. This system is comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

Using a very soft touch, practitioners release restrictions in the CranioSacral system to improve the functioning of the central nervous system.

By complementing the body’s natural healing processes, CST is used as a preventive health measure for its ability to increase immunity and help with a wide range of medical problems associated with pain and dysfunction.

Future Bridging™

Future Bridging is a Self-Empowerment Process to help you identify what thoughts, beliefs, and behaviors no longer serve you and gives you the tools to shape your future in the image you choose.

In either private sessions or group classes you will learn:

- How memory shapes your reality & how to use it for creating what you want
- How to change your neural pathways to reshape your future
- How to assess and adjust your energy patterns to align with what you want
- Meditation techniques to help you stay focused and aligned

