

THE MACOWEDA® METHOD - BALANCING THE FOUR ELEMENTS IN BODY AND SOUL

"As I lay on the massage table, my first experience was that of flowing movements that felt like a gentle stream washing over me. This was followed by deep body work with hands, thumbs and elbows. My session finished with a series of stretches that left me with an expansive sensation. When I got up, I felt like a new man, deeply relaxed, grounded, at home in my body." Andrew Oser, California

This was my first taste of the Macoweda® Method, an extraordinary approach developed by Franziska Schmidt out of her more than 20 years as a German physical/massage therapist and her spiritual studies of the Celtic Wheel. Although she found great wisdom in the healing methods developed in the East, she felt a need to come up with an approach more rooted in Western culture.

The core of the Macoweda® Method is to bring the four elements (air, earth, fire, and water) into harmony.

Earth - This is deep body work, that focuses on the bones. Gentle but firm hands allow the client to release long held tension in order to come back to stillness. This fosters a sense of being nurtured.

Water - Rhythmic flowing movements (similar to LomiLomi) with warm oil allows deep relaxation, connection with emotions and the experience of oneness. Clients often report feeling like they are floating in the ocean.

Fire - The emphasis is placed on dynamic, spontaneous movements, used to revitalize low energy areas or freeing energy blocks. Sometimes hot stones, a warm foot bath or hot tea as additional support are used. Often one experiences a reconnection to one's power.

Air - Soft movements on the skin and stretching body parts and joints bring flexibility back into the body, intensify the breath, and bring freedom to the mind and emotions.

For relaxation, healing or transformation, each session is designed individually according to the clients requests and the information provided by the body.

The therapist constantly moves as she/he aligns with the energy and flows between the various elements. Dynamic, flowing, gentle or holding the practitioner's sensitivity responds to what is called for in the moment.

With her expertise in nutrition, medical anthropology, dance, life coaching and elemental rituals Franziska takes a holistic approach to serving her clients. While working on their bodies, she tunes into many levels of their human qualities. She sees her work as transformational, to support individuals in new phases of their life journey.

Franziska has a center in Berlin where she trains other practitioners in the Macoweda®

Method. As she calls Maui the home of her heart, she loves spending several weeks a year there communing with the natural beauty of the island and giving seminars for personal growth and bodywork.

If you would like to learn more about the wondrous gifts she offers, please contact her at mail@macoweda.de or call +49-30-30875530.