

A Transformational Approach



wellspring
THERAPY GROUP

Mission Statement

The Wellspring Therapy Group offers an opportunity for goal-oriented individuals to achieve optimal health by processing and transforming physical ailments.

We are what we repeatedly do. Excellence, then, is not an act, but a habit.

– *Aristotle*

The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease.

– *Thomas A. Edison*

Services

MANUAL THERAPY

Manual therapy is a non-invasive treatment aimed at clearing blockages which inhibit the body's natural ability to heal itself. By applying an indirect force to the skin surface, internal energy channels can be restored, dissolving stressed tissue memory and promoting the natural progress of cellular repair. Treatments have yielded positive results for clients with a wide variety of acute, chronic and complex ailments, including unresolved pain and/or fatigue, spinal injury, joint degeneration, surgical rehabilitation and athletic impairment. Areas targeted are often related to high levels of toxicity within the body and a suppressed immune system response. These two root conditions paired with injury or trauma have been correlated to diseases commonly suffered over a lifetime and treatment offers hope for improved health and quality of living.

The positive impact of manual therapy across a range of illnesses has been validated by thousands of case studies as well as documentation of life-changing personal experiences.

The number of treatments required depends on the severity and amount of time the condition has existed, along with goals set for rehabilitation. Treatment may include coaching on lifestyle modifications such as stress management techniques and nutrition.

Cotton clothing is recommended for treatment sessions.

LECTURE SERIES

Join us for informative lectures about body systems and optimal health maintenance. Topics are designed based on client interest and include simplified study of body structures and functions, body chemistry, nutrition and basic health principles.

CORPORATE WELLNESS PROGRAMS

Presentations, seminars and workshops are available for content specific wellness topics.

FEE STRUCTURE

Please contact the Wellspring Therapy Group for further information.

About Sean Potter

R.M.T., MANUAL THERAPIST
FOUNDER OF WELLSPRING THERAPY GROUP

Sean has been practicing manual therapy, therapeutic massage and body / mind energy medicine in Alberta since 1995. He has developed a framework for optimal health around the tools and protocols developed through over two decades of dedicated study and clinical experience. His educational history includes massage therapy at the [Edgar] Cayce/Reilly School of Massotherapy in Virginia Beach and the Alberta College of Acupuncture and Chinese Medicine. It was while

studying Chinese medicine that Sean realized his true calling was to work with 'hands and words' instead of 'needles and herbs'. He has acquired certificates in over 60 healthcare modality workshops including Jin Shin Do Bodymind Acupressure, and Parama Bodytalk. He has instructed courses at the Wild Rose College of Natural Healing and currently continues study with the Connecticut School of Integrative Manual Therapy.

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