



Local Practitioner Eleni Malakou

Meet Eleni

Eleni graduated in 2008 and has worked as a physiotherapist ever since. In 2010, she specialized in *PNF* (proprioceptive neuromuscular facilitation), *Bobath* (physiotherapy for kids) and *Mulligan* (manual therapy for joints). A year later, she completed Hatha Yoga Teacher Training by Vivi Letsou and subsequently participated in various yoga courses including anusara, ashtanga, meditation, kids' yoga and acro yoga. In 2016, she commenced her studies in osteopathy at the OSD Osteopathy School of Germany.

Cranial Therapy 60 minutes/EUR 150

Taking a holistic approach to healing, this treatment helps resolve the trapped forces that underlie and govern patterns of disease and fragmentation in both body and mind. The practitioner "listens through the hands" to the body's subtle rhythms and any patterns of inertia or congestion and identifies places where issues are held. This non-invasive treatment enhances the body's own self-healing and self-regulating capabilities by subtly and gently encouraging the conditions that allow for the re-emergence of primary respiratory motion. It is an effective form of treatment for a wide range of ailments helping to create the optimal conditions for health, encouraging vitality and facilitating a sense of well-being. It is suitable for all ages including babies, children, and the elderly, and can be effective in addressing acute or chronic cases.

Myofascial Release 60 minutes/EUR 150

This therapy uses light, sustained pressure on the soft tissues to release fascial blockages and restrictions. The practitioner uses a combination of techniques that lengthen fascia and free up muscles to create greater flexibility, reduce pain and increase immune function.

Visceral Therapy 60 minutes/EUR 150

Visceral manipulation is a gentle manual therapy that aids the body's ability to release restrictions and unhealthy compensations that cause pain and dysfunction. This treatment does not focus solely on the site of pain or dysfunction but evaluates the entire body to find the source of the problem. The practitioner feels for altered or decreased motion within the *viscera* (the area related to the internal organs of the body such as the liver, kidneys, and intestines), as well as restrictive patterns throughout the body and then applies visceral manipulation techniques.