

# Tineke Bak

Tineke specialises in wholistic, integrative bodywork, focussing on our inherent capacities towards balance, coherence and self-correction. She has studied psychology (BA), Threefold Learning Therapy (or 'The Extra Lesson') and Ortho-Bionomy® and has been working with both children (as part of a team assisting children overcome learning difficulties) and adults since 2000.

Currently, she combines Ortho-Bionomy®, Jin Shin Jyutsu®, Flower Essences, EFT and to facilitate body-soul harmony and integration.

She also teaches the (Self-Help) Art of Jin Shin Jyutsu Physio-Philosophy® for self care and everyday health support at home.

## contact details

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**Website and Email**

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## *Body-Wise Soul-Wise Healing*

### individual treatments

An individual treatment usually lasts 60 to 90 minutes. For young children shorter sessions may be more appropriate. It is a very gentle, relaxing experience. The work is applied fully clothed and a session usually includes a personal consultation in Self-Help.

Cost per session: \$90.00 per hour  
Concession available.

Flower Essences priced separately.

### self-help courses

Jin Shin Jyutsu can be readily applied as self-help as well as by a trained practitioner. Basic self-help courses cover many fundamental principles, and course outlines

can be found at

[www.bodywisesoulwise.com.au](http://www.bodywisesoulwise.com.au)  
under Self-Help Courses.

*For more information about individual treatments and up-coming classes*

**please call (03) 9879 7693**

*or check out the latest news and information at*

[www.bodywisesoulwise.com.au](http://www.bodywisesoulwise.com.au)  
[tineke@bodywisesoulwise.com.au](mailto:tineke@bodywisesoulwise.com.au)

Structural issues, injuries or pain?  
Tired and run down?  
Stressed and anxious?

## *Body-Wise Soul-Wise Healing*



Structural Bodywork and  
constitutional Meridian Based  
Therapy supported by  
Flower Essences and  
Emotional Freedom  
Techniques

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The **Body-Wise Soul-Wise Healing** practice offers a range of modalities aimed at (re)-awakening and strengthening the human being's inbuilt capacity for self-correction, healing and resolution.

**All these modalities are noted for their gentle effectiveness, non-invasive techniques, pain-free and safe application.**

They are therefore just as suitable for the highly sensitive (e.g. infants or elderly people) as for regular everyday aches, strains and injuries.



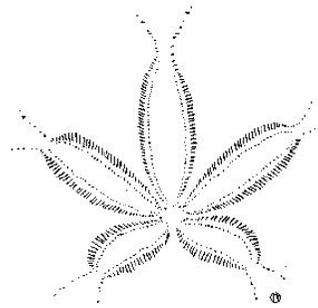
## Healing Vision

We are wisely designed with an ability to resolve, heal and grow. **Body wisdom** self-corrects, re-educates and integrates damaging patterns caused by habit, stress or injury. **Soul wisdom** brings integration of life, experience, growth and dissolving dysfunctional attitudes and beliefs as well as emotional injuries and scars. We are intelligent beings capable of supporting our own well-being, and learning simple and effective techniques to apply safely—with ourselves, our friends and family.

## Flower Essences

address the soul's inherent strengths and capacities by stimulating these, resulting in

- better, smoother integration
- supporting growth and change
- settling the nervous system and
- stabilizing emotional needs



## Ortho-Bionomy®

addresses physical alignment issues and strains, neuro-muscular re-education and positional release of tension patterns.

### Typical complaints:

- sore backs and necks
- pelvis balance
- knee and ankle strains
- shoulder pain and RSI
- cranial stress and tensions
- headaches, TMJ
- surgery recovery and scars
- trauma and injuries

**and more**

## Jin Shin Jyutsu®

addresses both acute and chronic energy imbalances in a similar way to Shiatsu or Acupuncture.

### Typical complaints:

- digestion and elimination
- hormonal imbalances
- chronic/constitutional weaknesses
- detox needs
- sleep disorders
- nervous tension
- SAD/Seasonal Disorders
- exhaustion
- integration dysfunctions and more



## Emotional Freedom Techniques™

address both simple and complex mental and emotional patterns underlying stubborn health issues.

### Typical complaints:

- anxiety and panic disorders
- phobias and insecurities
- traumatic memories
- self-sabotage
- resistance to improvement of conditions
- study and other stress