

Christine Ahluna Steward

TRE (level III) Certification Trainee, Certified TRE Provider



The journey toward helping others started with a motorcycle accident that ended Christine's dreams of becoming a high performance athlete. Years of professional physical therapy provided some relief but she was left to live with episodes of unresolved, debilitating pain.

Determined to find a solution, she immersed herself in the study of the human body while training to be a massage therapist. During that time, she was fortunate to be assessed by some remarkable instructors, who introduced her to osteopathic treatment and with whom she continues to study. To her amazement, her pain was greatly diminished when these gentle yet powerful techniques were employed.

As a Registered Massage Therapist since 1994, Christine delivers a gentle, full body treatment based upon Osteopathic principles which state that the body is a self-healing and self-regulating unit whose structure and functions are all interrelated.

Trauma Releasing Exercises or TRE, is a welcome addition to Christine's established practice; it beautifully augments the therapy she currently delivers as it also induces the innate wisdom of the body's own inner healing process.

TRE has been one of the most effective, life-improving, self-help treatments Christine has used for her own body and she is thrilled to say that her clients have been very pleased with their results.

Post Graduate studies include:

- Full Body Fascial Facilitation
- Muscle Energy Technique
- Visceral Manipulation
- Orthobionomy
- Biodynamic Craniosacral Therapy