

A photograph showing a person's back being massaged by two hands. The hands are positioned on the upper back, with fingers spread. The person's back is light-colored, and the hands are darker. The background is a solid grey color.

E N E R G E T I C M A S S A G E
- M A N U E L H E I M -

- M A N O E N E R G I A -



W W W . E L - M A N O P E U T A . C O M
E L . M A N O P E U T A @ G M A I L . C O M
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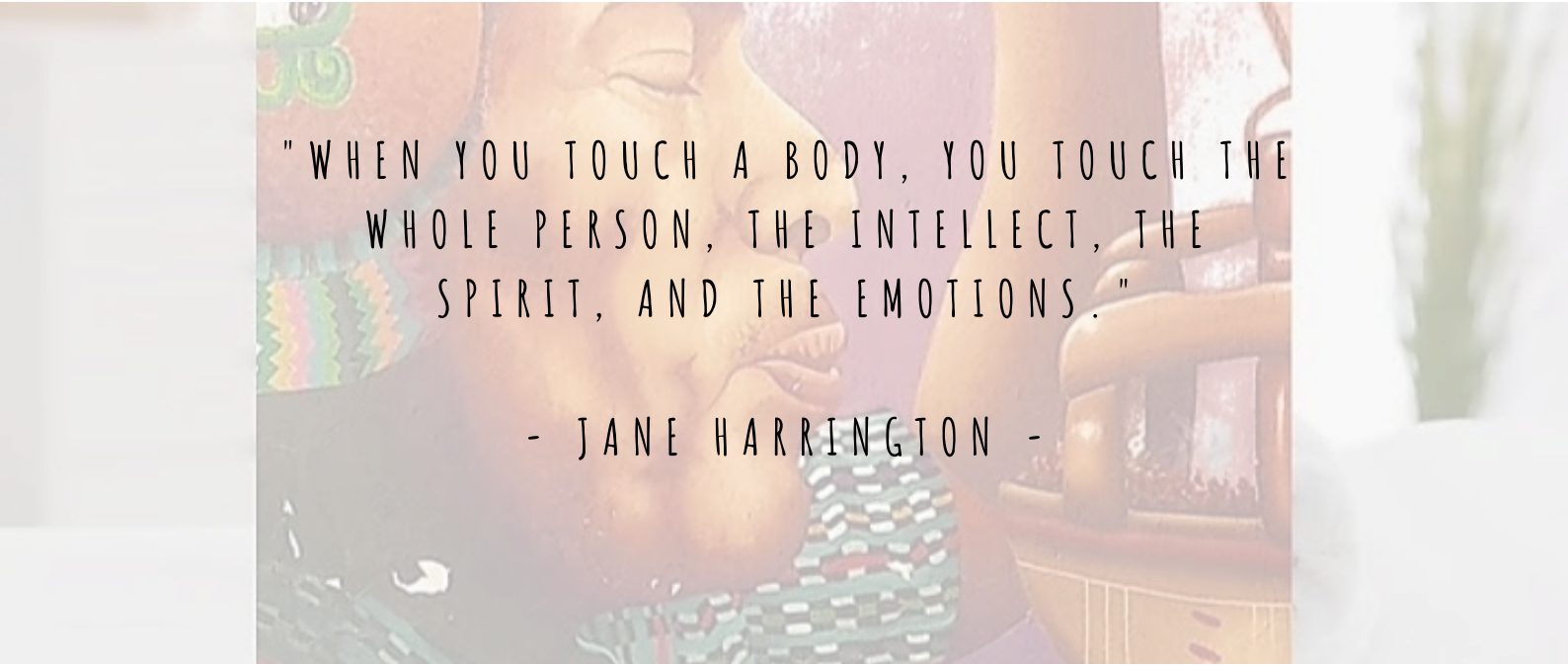
"YOU OUGHT NOT TO HEAL THE BODY WITHOUT THE
SOUL, FOR THIS IS THE GREAT ERROR OF OUR DAY
IN TREATING THE HUMAN BODY"
- P L A T O -





W H A T I S M A N O E N E R G I A ?

This is an intuitive healing treatment that addresses the physical, emotional/mental and energetic body. A two-hour session combines fascial therapy, massage, osteopathic techniques, chakra work and emotional unblocking. An energetic massage which is ending up in a spiritual journey.

A background image showing a person lying down, receiving a massage. The person's face is visible, and they appear to be in a relaxed state. The image is slightly faded to allow the text to be read clearly.

"WHEN YOU TOUCH A BODY, YOU TOUCH THE
WHOLE PERSON, THE INTELLECT, THE
SPIRIT, AND THE EMOTIONS."

- JANE HARRINGTON -

W H A T A R E T H E O B J E C T I V E S ?

Return the person to their body so that they can feel grounded and safe again. Feel and sense your body again and the pain, the tension, and the fears will disappear. Bring the Person back into the present moment.





W H Y D I D I D E V E L O P T H I S T R E A T M E N T ?

As a physical therapist, I quickly realized that I was reaching my limits with the possibilities of physical therapy. With this in mind, I sought alternative options to better meet the needs of my patients.

I was driven by the vision of offering people treatment that would sustainably improve their quality of life while promoting rapid and effective physical healing. I began my journey with alternative medicine.

In addition, I developed this treatment to give humans the opportunity to notice that there is a deeper emotional reason behind an uncomfortable feeling or pain. It is important to me to bridge the gap between modern medicine and the Eastern healing arts.

A close-up, soft-focus photograph of a person's back being massaged. Two hands are visible, with fingers spread, applying pressure to the muscles. The skin is light-toned, and the background is blurred.

RELAX THE BODY TO THE DEEPEST
TO TOUCH THE SOUL.

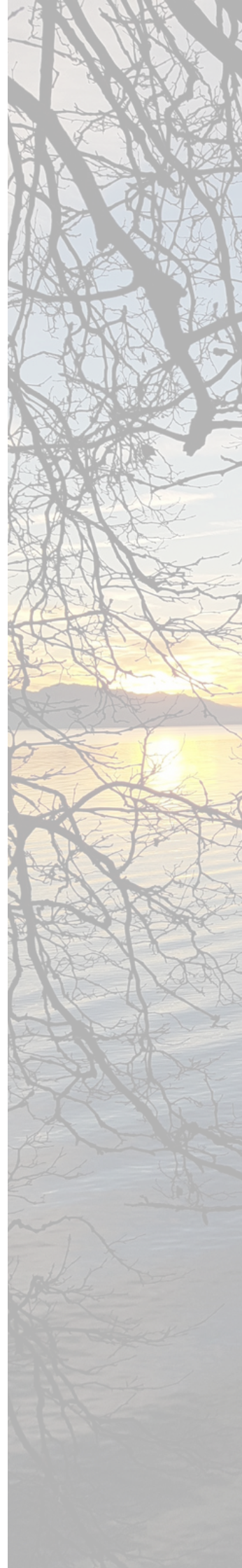


W H A T H A P P E N S D U R I N G T R E A T M E N T ?

TA session begins with a personal consultation in which we discuss your concerns and wishes so that we can address your individual needs.

Then, while lying on your back, the autonomic nervous system (parasympathetic nervous system) is relaxed using jaw, neck, and shoulder techniques. A bowel and organ massage stimulates digestion and metabolism. The soles of the feet are then worked on to ground you and activate the energy pathways.

You will then lie on your stomach, where a fascia treatment tailored to your pain or dysfunction will be performed. During the session, your energy will be harmonized through energetic techniques such as chakra balancing, energy points, and the reflow of energy channels.





M Y L I F E P A T H

The physiotherapy exam was the starting point for my further therapeutic career. I initially followed the “conventional physiotherapy” path and supplemented my knowledge in lymphatic therapy before going to Switzerland to learn the art of fascial therapy.

After a year, I returned to Germany and worked for a large rehabilitation facility. At the same time, I began training in manual therapy. During this time, I made my first attempts to establish a connection between physical therapy and Eastern healing methods, working together with energy workers.

But I wanted to discover the world and boarded a plane to Australia. In Australia, I had the opportunity to shadow manual therapists. At the same time, I had the chance to deepen my understanding and knowledge of spirituality through many wonderful encounters. I spent a year full of adventures before finding myself back in Germany.

Back home, I continued to develop my own therapy. As part of this, I worked in various specialist areas and took part in various shamanic seminars, which brought me very close to my goal of combining physiotherapy and energy healing in one session.

After several years, I was drawn to Central America. At first, it was just to travel, but later I decided to build a life there. First in Costa Rica and later in El Salvador. While I was living and practicing in the jungle in Costa Rica, everything fell into place and Manoenergia therapy was born. After Costa Rica, I practiced for two more years in El Salvador before moving back to the Allgäu region.

