

MOCUSHI WELLNESS RITUAL



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Pratiti vibracije vremena, potrebe gosta, afinitete generacija koje dolaze, ritam života, trendove u svetu i utkati ih u savremeni wellness koncept, zadatak je svih nas koji smo u našim kreativnim radionicama srcem aktivni. Iznad svega, dati im svoj pečat, ali i pečat zemlje u kojoj živimo i predstavljamo je. Sa ciljem da čuvamo zdravlje, negujemo ga, otklonimo umor i oteke nogu nakon dugosatnog pešačenja, skijanja, sprečimo upalu mišića sportista, pa i rekreativnih, i pomognemo im da sutra, lagani kao perce, nastave sa svojim omiljenim aktivnostima. I biti im putokaz do magične harmonije telesnog, mentalnog i duhovnog.

Osluškujući svet i zahteve mladih ljudi, koji su sve češći konzumenti lepota wellnessa, u svojim edukacijama izučavao sam tehnike vakuum masaža, moderno – kapinga. Iskustvo je pokazalo da ga podjednako cene sve generacije, i da su ga pre mnogo godina vremešniji klijenti, kada je, na žalost, sve istočnjačko bilo drugačije percipirano i ne tako popularno, doživeli, praktikovali i upoznali kao ventuze.

Sa željom da pomerim unutrašnje granice sa ciljem opšteg dobra i nastavim putovanje holističkog pristupa čoveku, bio sam siguran da u jednom ritualu wellnessa vakuum dobija na značaju ukoliko je u sinergiji sa moćnim pelinom, kao i sa blagotvornim japanskim šiacuom.

PUTOVANJE KROZ MOCUSHI RITUAL

Samo putovanje kroz MOCUSHI ritual započinje mokso terapijom. Sa vežbama dubokog disanja i harmonizacije protoka životne energije kroz telo, terapeut lagano počinje sa zagrevanjem tela. Zagrejano telo, dobra cirkulacija na ćelijskom nivou,

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To follow vibrations of time, guests' needs, affinities of the following generations, rhythm of life, world trends and to weave them into a modern wellness concept, is a task of all of us who are active in our creative workshops. And above all, it is important to give them their own trade mark as well as to the country we live in and which we represent. And our aim is to preserve health, nurture it, remove tiredness and legs' tumescence after long walking, skiing, to prevent muscle inflammation with both athletes recreational sportsmen, and help them to carry on as light as a feather the next day with their favourite activities, to be their guide to the magical harmony of the body, mind, and spirit.



važni su za zdravlje – poručuju drevni mudraci istočnjačke medicine. Odlučio sam se za indirektnu moksa terapiju, sa štapićem komprimovanog pelina. Zagrevanje akupunkturnih tačaka na leđima i posebna pažnja na individualni pristup klijentu. Intenzivnije zagrevanje delova leđa koja su napetija, hladnija, osetljivija... A onda isterati tugu ukoliko je ima, opuštanjem pluća i bronhija, u međulopatičnom delu, omekšati „napetost srčanog mišića“, prekanalisati bes iz jetre i žučne kese, opustiti vrlo važan krsno slabinski deo i dati značajan doprinos imunitetu, smiriti napeti išijadični nerv, osvestiti sve ono duboko potisnuto u ko zna kom folderu života... Ili naprosto, zagrejati, opustiti receptore na koži, mišićne ovojnice, same mišiće. Svima nam je poznato koliko toplota opušta celo telo, um, dušu i koliki doprinos daje antistres učincima. Svakako da i sam pelin drugačije vibrira, greje, ukoliko se primenjuje sa ljubavlju, posvećeno ili samo mehanički. U radu sa kolegama terapeutima insistiram, pored znanja, i na aktivnom srcu i empatiji u radu.

Nakon ove sofisticirane pripreme koja celom ambijentu daje aromaterapijski ton (a potvrđeno je da dim upaljene mokse i energetski čisti prostor), uključio sam laganu miofascijalnu masažu koristeći *Healing touch* ulje iz kolekcije „Touch of spirit WAPF“, u kome dominira eukaliptus, sa dodatkom najkvalitetnijih prirodnih ulja. Kako bih detaljno opustio mišićne omotače, preko njih i napete mišiće, vakuum masaža prilagodljivim silikonskim čašicama nastavak je rituala. Prateći posebno postulate limfne drenaže, vakuum masaža kreće u punoj snazi. Izbegao sam postavljanje čašica i modre kolutove koje bi klijent poneo kao „ukras“ tretmana. Prepustio sam ovaj deo terapijama kapinga i hidzama kojima ovaj nadavse blagotvoran i terapijski efekat pripada.

Listening to the world and the demands of young people, who are increasingly frequent consumers of wellness beauties, in my education I have studied vacuum massage techniques, known as – cupping. Experience has shown that it is equally appreciated by all generations, and that many years ago, when, unfortunately, everything from the East was differently perceived and not very popular, elderly clients had experienced, practised and met the ventusa.

With the desire to move the inner borders for a greater good and continue the journey of holistic approach to a man, I was sure that in one ritual of wellness the vacuum gets important if it is in synergy with powerful wormwood, as well as with a beneficial Japanese shiatsu.

A JOURNEY THROUGH MOCUSHI RITUAL

A journey through MOCUSHI ritual starts with a moxa therapy. With exercises of deep breathing and harmonization of the flow of life energy through the body, the therapist starts slowly with the warming of the body. The heated body, good blood circulation at the cellular level, are important for health – say ancient masters of eastern medicine. I have chosen an indirect moxa therapy, with a compressed wormwood stick. Heating of acupuncture points on the back and paying special attention to the individual approach to the client. More intensive warming of back parts that are tougher, cooler, more sensitive... And then to squeeze out the sadness if there is one, by relaxation of the lungs and bronchi, to soften the "tension of the heart muscle", to channel the anger from the liver and gallbladder, to relax very important lower back, give a significant contribution to immunity, calm the tension of the sciatic nerve, to awake everything that is deeply suppressed in who knows which folder of our lives... Or just, make skin receptors, muscle involucre, and muscles warm and relaxed. We all know how much the heat relaxes the whole body, mind, soul, and how big the contribution it has to anti stress effects.

KALENDAR SPECIJALIZOVANIH SEMINARA WAPF U NOVEMBRU I DECEMBRU 2018.

- Zagreb, Hrvatska – WAPF i Učilište ADRIANUS
MOCUSHI WELLNESS RITUAL od 5. do 9. novembra i od 19. do 22. novembra
- Podgorica, Crna Gora – WAPF i Medical Spa Asocijacija Crne Gore
LIMFNA DRENAŽA – PANTHA REI
Od 12. do 14. novembra

- Banja Luka, BiH/ RS WAPF i DEL CORPO CENTAR
SHI THAI WELLNESS RITUAL
Od 16. do 18. novembra
- Beč, Austrija od 14. do 16. decembra
MADEROTHERAPY WELLNESS RITUAL
MAGIC FACE MADEROTHERAPY RITUAL

SPECIALIZED SEMINARS CALENDAR OF THE WAPF IN NOVEMBER AND DECEMBER 2018.

- Zagreb, Croatia – WAPF and ADRIANUS School
MOCUSHI WELLNESS RITUAL November 5-9. and November 19-22.
- Podgorica, Montenegro – WAPF and Medical Spa Association of Montenegro
LIMF DRAINAGE – PANTHA REI November 12-14.

- Banja Luka, BiH/ RS WAPF and DEL CORPO CENTRE
SHI THAI WELLNESS RITUAL
November 16-18.
- Vienna, Austria December 14-16.
MADERO-THERAPY WELLNESS RITUAL
MAGIC FACE MADERO-THERAPY RITUAL



PREVENTIVA, NEGA I DOPRINOS SPORTU

Sada se već može primetiti i osetiti značajna promena: pluća imaju više prostora da se otvore, telo je prokrvljenije, mekše, srce ritmičnije kuca, napetost je posustala i prepustila mesto opštoj relaksaciji i laganom dremežu.

Šiacu stiže naposletku. Sada već jasno primećujemo gde se nalaze eventualno zastoji u protoku Ki – životne energije kroz sistem 14 glavnih energetskih meridijana. Gde je grč, spazam, blok tzv. džitcu ostao, a koji deo tela vapi za protokom energije, još je hladnije, slabijeg tonusa – kjo. Kroz sistem doziranih istezanja meridijana, oslobađanja svakog zgloba posebno (a oni su naše važne „energetske kapije“) pravim uvod u harmonizaciju i stimulaciju tsuboa – acu tačaka na meridijanima.

Iako sam kreirao ovaj potpuri za wellness centre, sa ciljem preventive, nege, i kao doprinos sportu, on u sebi nosi glavni postulat – prevashodno nemoj naškoditi. To je moguće isključivo poznavanjem i poštovanjem indikacija i kontraindikacija za njegovu primenu. U slučaju upalnih procesa, proširenih vena, visokog krvnog pritiska, multiple skleroze, gnojnih procesa na koži, dijabetesa, bilo kakvog krvarenja i ozbiljnih bolesti krvnih sudova, ovo nije ritual izbora.

MOCUSHI wellness ritual ekskluzivno je u septembru 2018. počeo svoj život u renomiranom hotelu „Kraljevi čardaci spa“ na Kopaoniku, u kome su terapeuti, za sada, jedini licencirani u Srbiji za njegovu primenu.

Surely wormwood itself vibrates differently, warms, if applied with love, devotedly or just without attention. Working with colleagues' therapists I insist, besides knowledge, on an active heart and empathy in their work.

After this sophisticated preparation that gives an aroma-therapeutic tone to the whole ambience (and it was confirmed that the burning moxa smoke cleans the energy of the space), I included a light myofascial massage using Healing touch oil from the Touch of spirit WAPF collection in which eucalyptus, with the addition of the highest quality natural oils dominates. In order to thoroughly relax muscle involucres, and the tense muscles through them, vacuum massage with adjustable silicone cups is a continuation of the ritual. Following especially the postulate of lymphatic drainage, vacuum massage starts in full force. I avoided placing cups and blue rings that client would take away as a „decoration“ from the treatment. I let this part to the cupping to which this beneficial and therapeutic effect belongs.

PREVENTION, CARE AND CONTRIBUTION TO SPORTS

Now you can notice and feel a significant change: the lungs have more space to open, the body has better blood flow, it is softer, the heart has better rhythm, the tension has diminished and gave its place to a general relaxation and light snooze. Shiatsu comes at the end. We now clearly notice where there are possible congestions in the flow of Qi – life energy through the system of 14 main energy meridians. Where there is still a spasm, block and which part of the body cries for the energy flow, it is colder, of weaker tonus. Through the system of dosed stretching of the meridians, the release of each joint in particular (and they are our important "energy gates") I make an introduction into harmonization and stimulation of the tsuboa – acu points on the meridians.

Although I created this for wellness centres, with the aim of preventing, nursing, and as a contribution to sports, it carries the main postulate in it – don't do any harm. This is possible only by knowing and respecting the indications and contraindications for its application. In case of inflammation, enlarged veins, high blood pressure, multiple sclerosis, pulmonary processes on the skin, diabetes, any bleeding and serious blood vessel diseases, this is not a ritual of choice.

MOCUSHI wellness ritual was introduced exclusively in September 2018 at Kraljevi čardaci spa hotel on Kopaonik, where therapists are the only one in Serbia with the licence to practice it.