



Sky Hill Institute
Empower the Healer Within!

What is a Wholistic Health Practitioner?

and

How can they help you?

Have you noticed the emergence of the term “wholistic” in the healing arts vernacular, and wondered what it really means? At Sky Hill Institute School of Wholistic Healing Arts, we are on the forefront of defining and then teaching the “wholistic” approach to optimal health. A Wholistic Health Practitioner is one who understands the innate restorative power of the body and uses nature-based modalities such as touch/massage, cleansing and rejuvenation, raw foods, exercise, nutraceuticals, meditation and counseling to help clients achieve balance of mind, body, spirit and emotion. The “whole” person is incorporated into the plan for health as each part of the Self affects, nurtures, and brings into equilibrium the other parts to achieve the client’s health goals.

What can a Wholistic Health Practitioner (WHP) do for you? First and foremost, a WHP shows you, by example, that the most potent tool you have for combating illness and creating wellness is the power of your own mind. Your first step is to realize that you have the potential to be fully in-charge of each choice you make in your life including diet, lifestyle, exercise regimen and way of thinking.

Next, your Wholistic Health Practitioner will offer you a variety of touch-based modalities including basic Swedish massage and more advanced forms of bodywork including energy and Asian bodywork, reflexology, deep tissue massage, etc. Bodywork can consist of relaxation or therapeutic massage, depending upon your needs.

Your WHP will also add to your health plan a comprehensive cleansing and rejuvenation program and teach you to incorporate this plan, over time, so that it will become a natural part of your new healthy lifestyle. A practitioner may even become your long-term consultant to help you through important stages of life such as pregnancy, menopause, prostate concerns and the aging process. “Healthy aging” is a realistic and attainable goal and oftentimes our elderly clients simply need guidance on natural ways to maintain health, promote vitality, and prevent or recover from “dis-ease.”

If you are a new student of wholistic health, or a practicing healthcare provider such as a nurse, chiropractor, or physical therapist, you can benefit from a Wholistic Health Practitioner program in ways that are both personal and professional. The very nature of the program will create profound changes within your own mind, body, spirit and emotional life. Your transformation will then give you the confidence to use your powerful new tools to guide your clients to achieve the same results in their lives. And if you are adding wholistic principles to your existing practice, you will gain an entirely new community of clients whose search for alternative, natural and conscious healing will lead them straight to your door.

Finally, the business community can benefit greatly by hiring Wholistic Health Practitioners for their sports and physical therapy clinics, fitness clubs, and spa facilities. Companies can also use WHPs to provide employees with state-of-the-art, wholistic preventative programs that emphasize self-empowerment through healthy eating, exercise, yoga, meditation, etc. You will boost morale and your company will flourish as a result of helping each employee reach his/her greatest potential. Remember, you set the stage for growth and productivity within your company.

Sky Hill Institute is a 501(c)(3) nonprofit organization.

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