



The Nature of Healing.

SBS, 1998

There is a growing awareness and global interest in alternative solutions to age old problems. Health is no exception...every day people are re-discovering methods and cures that have existed for centuries. In this series, Dr. Serene focuses on six different forms of healing, from her position as a general practitioner as well as a 'natural healer'. A new perspective on topics such as Touch, Meditation, Acupuncture, Movement, Homeopathy and Biomagnetism will be presented when Dr. Serene explores familiar traditional treatments with new, complimentary options.

Episode 1 - Movement

There are two natural therapies to change bad posture habits: The Alexander technique, which helps change bad posture and increase the performance potential of athletes, singers, musicians and dancers; and the Feldenkrais method, which helps people change bad movement habits.