

# The Southland Times

## Belly massage releases unresolved emotions

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By JOHANNA PARSONS



**TUMMY TOUCH:** Chi Nei Tsang practitioner Kim Knight, of Auckland, demonstrating how to perform self-abdominal massage on Becky Cashman, of Queenstown, during a one-day workshop at the Mercure Hotel in Queenstown on Saturday. Watching (from left) are Bernie Kirby (Queenstown), Jonathon Wilton, (Wanaka) and Natasha Hamilton (Queenstown).

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**A belly ache might not be down to last night's takeaways, but rather an emotional blockage in your stomach, Chi Nei Tsang practitioner Kim Knight said.**

Miss Knight, of Auckland, was in Queenstown during the weekend to give private therapy sessions and a workshop and on what was once the secret practice of Chinese monks.

The relatively new holistic practice to New Zealand was the art of massaging the abdomen to release toxins and energy blockages, Miss Knight said.

"The abdomen stores unresolved emotions. If we don't address these then they compound and manifest as a physical problem.

"Doing this practice allows you to detoxify physically, but also emotionally."

Miss Knight said she came to the practice six years ago after suffering from chronic fatigue for many years. She said she tried more than 100 different natural therapies, but it was not until she had a Chi Nei Tsang treatment in the United States that she found relief and at last a solution.

"Chronic fatigue is not a lack of energy, but energy which is dammed up, blocked." Body Sanctum Day Spa Manager Natasha Hamilton said she attended the workshop after having had a private Chi Nei Tsang session with Miss Knight on Friday.

"It was a unique and beneficial experience for me. It inspired me to come along and learn more about the therapy," she said.

Currently Miss Knight is one of 5 certified practitioners of Chi Nei Tsang in New Zealand and the only certified practitioner in Auckland.