

# Types Of Bodywork Therapy



Therapeutic  
Massage



Pressure point  
therapies (e.g.  
Reflexology)



Structural  
bodywork  
(e.g. Chiropractic)



External energy therapies  
(e.g. Reiki healing)



Movement therapies  
(e.g. Alexander  
technique)

Bodywork  
Therapies

# Body Work

**Christian Drosten**



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