

Advantages of CrossPhysio Fascia Treatments

- **Stress relief:** Cross Physio myofascial massage with oil relieves stress and increases endorphins. In addition, the occasional casual conversation during the massage is often emotionally liberating. Stressful thoughts can feel less heavy when confiding them to someone else.
- **Cardiovascular Health:** Cross Physio Fascia Massage can reduce the heart rate. The gentle, oil-based massage technique can help balance and lower stress-related blood pressure.
- **Injury prevention:** Massage deeply relaxes the fascia, allowing muscle groups to work together effortlessly and maintain better performance and flexibility.
- **Improved relationships through deeper relaxation:** When the body is more relaxed, it reacts differently to social interactions with partners, gives itself time to react, and often responds more relaxedly and consciously to uncomfortable issues. This is important for strengthening and deepening interpersonal relationships and indirectly reducing stress. Deepened and relaxed relationships also increase a sense of belonging and well-being.
- **Better Sleep:** Regular touch, such as myofascial massage with oil, has been shown to improve sleep quality and duration, especially when done in the afternoon and evening.
- **Mental Health:** Myofascial massage can reduce symptoms of depression and anxiety and promotes a sense of well-being.

Contact

CrossPhysio
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Youtube:
CrossPhysio by Didier Hartmann

book online here:



Cross Physio



Holistic Physiotherapy Practice

Mindfull Fascia Treatments
Taiji- & Kung Fu Classes
Workshops

Services

Our practice offers the following services:

- Myofascial oil Massage
- Original Lymphatic Drainage
- Manual Therapy (German style)
- Kung Fu, Taiji & Qi Gong group classes
- Kids Posture Training
- Body Care

Packages for individual goals can be put together, like a „9 weeks body care plan“ or a „3 weeks stress relief plan“.

As an instructor, I apply my extensive knowledge of biopsychosocial medicine to all my treatments to help you better understand yourself and your body's needs.



Book your appointment online now:

www.crossphysio.jp

Prices

First time visit, special offer: 50min ¥5.000

• Cross Physio Myofascial Massage with oil	45min	¥6.400
• Manual Therapy (German style)	60min	¥8.500
• Original Lymphatic Drainage	90min	¥12.500
• Personal Training	120min	¥16.000
		home visit + ¥3.500

Discounted 4- and 10-pack tickets available

- Kung Fu, or Taiji group class per person per hour: _____ ¥1.500

Free download



5 basic exercises to rehab from long hours of sitting can be downloaded from the website and describes simple exercises used in the international movement scene.
(English version soon available)



About Didier Hartmann

I am a German physical therapist & martial arts trainer. My myofascial treatment method CrossPhysio is a fusion of aspects of Asian treatment methods and various myofascial approaches with the holistic perspective of biopsychosocial medicine.

In addition, I have been training in Kung Fu, Taiji and Qigong for 30 years.

I now teach Taiji and Kung Fu at various places around Kobe, in Rokko Island and Hanshin Mikage.

As a therapist and trainer, I have participated in many international trainings and conferences and have given seminars on CrossPhysio, my myofascial treatment method, in Germany, Switzerland, Austria, and Portugal. I published two books and several online courses.



About Rina Arima Hartmann

During the last 10 years my interest in a healthy body made me attend seminars and trainings. And so in March 2023 I became a bodycare-therapist. My motto is life long learning and so I will continue to collect knowledge about the connection of a healthy body and mind, and how I can help my customers.

