



American  
Organization for  
Bodywork  
Therapies of  
Asia

## AMMA Therapy<sup>®</sup>: Long Definition

AMMA Therapy<sup>®</sup> was founded and developed by Master Tina Sohn. It is a highly refined and complex system of Bodywork Therapy utilizing techniques and treatment strategies combining the use of traditional Oriental medical principles for assessing and evaluating general imbalances in the energetic system and a Western approach to organ dysfunctions. AMMA Therapy restores, promotes, and maintains optimum health through the treatment of the physical body, the bio-energy, and the emotions that reflect and are bound into the neuromuscular system. As a result, AMMA Therapy also indirectly frees the mind and thus, over time, the spirit.

Utilizing a variety of techniques, sometimes paralleling those found in major forms of therapeutic massage, and powerful new points discovered by Tina Sohn, AMMA Therapy has proven to be an effective healing modality used to treat a wide range of medical conditions. The proper execution of AMMA Therapy techniques applied to the physical body, along with specific manipulation of the energies in the 14 primary and tendinomuscle channels, and the cutaneous regions, additionally affects the superficial and deep tissues. These include the myofascia, all the major systems of the body (i.e., the circulatory, lymphatic, respiratory, digestive, etc.) as well as the craniosacral system.

Based on her extensive training in the energetic physical arts as a child, her special gift of diagnostic sensitivity and extensive experience with patients over the last 25 years, Tina Sohn has evolved AMMA Therapy to include the following: The recommendation of her specific dietary plans; appropriate detoxification methods; The intelligent use of certain herbal; vitamin and supplementary preparations; as well as the necessary education regarding appropriate principles of diet and therapeutic exercises directed toward the well-being of each patient. Also included within the scope of AMMA Therapy are non-invasive modalities such as the use of mild pressure devices and the application of external herbal preparations.

Tina Sohn has been teaching AMMA Therapy<sup>®</sup> to serious students for over 20 years.