About Us Section

- All headings proposed below need to have an h2 tag.
- If you're wondering why I have removed so much content from the current version of the About Us page, it's because most of the content that currently exists there either should not be on an About Us page or should be written and presented differently.

Old m.title	About- Saltwater Spinal Flow
Old m.description	Missing
Old H1	Guiding your body back to its natural flow
New m. title	Saltwater Spinal Flow in Miami, Gold Coast - About Us
New m. description	We offer spinal flow therapy in Miami, Gold Coast. Our gentle, non-invasive hand technique releases blockages and stress from your body. Click to learn!
New H1	What Do We Do? Is this replacing "Guiding your body…"?

Section 1: What Do We Do?

- We need a CTA button at the very bottom of this section to direct users to the "Contact Us" page.

Copy	We offer the best spinal flow therapy in Miami, Gold Coast. Our gentle, noninvasive hand techniques identify and release stress blockages across the 33 access points in your body, completely restoring harmony between your mind and your body. As Dr. Cali Axford, the creator of the spinal flow technique, says, "The power to heal is inside all of us." We're just here to facilitate the process.

Section 2: What is Spinal Flow Therapy?

Copy	Spinal flow therapy is a modality of holistic healing in which a gentle, noninvasive hand technique is used to free the 33 access points of your body from physical, chemical, and emotional stresses and open the seven spinal gateways. This allows life's energy to flow freely and fully restores your body's innate ability to heal. Dr. Cali Axford developed this technique based on her knowledge of chiropractic care, neuroscience, and natural healing modalities. Read our complete guide on spinal flow therapy to learn more. The video below will give you a sneak peek into what the process looks like:

[Insert Video Here]

Section 3: Meet Karon, Your Spinal Flow Therapist

Copy	My name is Karon, and after 16 years in the education sector, I found myself searching for something more – something just for me. In October 2021, I discovered the Spinal Flow Technique through a simple Facebook ad, and from the moment I walked into my first training session, I knew I'd found my true purpose. Within six weeks, I became a certified practitioner, and I've never looked back. Spinal Flow is the only modality I need because it's so transformative. This non-invasive, gentle yet powerful technique works directly with the nervous system to release stored stress—be it emotional, physical, or chemical. These stressors are often the root cause of pain, disease, and disconnection in our lives. Through regular sessions, clients experience more ease, flow, and vitality, often noticing profound changes in their first session. At Saltwater Spinal Flow, our approach is guided by these core values:

	• **Client-Centred Care**: Prioritising the well-being and individual needs of every client. • **Holistic Approach**: Recognising the interconnectedness of mind, body, and spirit in the healing process. • **Respect for the Body's Wisdom**: Trusting the body's innate ability to heal and self-regulate. • **Lifelong Learning**: Continuously growing and refining my knowledge and technique to be the best I can be. • **Integrity and Professionalism**: Upholding ethical standards and the integrity of the Spinal Flow Technique. • **Empathy and Compassion**: Creating a supportive environment where clients feel seen, heard, and valued. • **Empowerment**: Helping clients take ownership of their health and well-being. Since becoming certified, I've assisted Dr Carli Axford, the founder of Spinal Flow, on eight programs, including one in Hawaii. I've held over 18 monthly healing intensive days and recently hosted my first three-night *MEtreat*—a dream come true. These retreats, held in the stunning NSW hinterland at Milkbar Valley, combine Spinal Flow healing, yin yoga, sound healing, meditation, and more, in a space designed for deep transformation. Here at Saltwater Spinal Flow, I've created a warm, welcoming space in my home, complete with a healing area and four tables, where I work with clients of all ages. From physical symptoms like back pain and sciatica to emotional struggles like anxiety and depression, I see incredible results that remind me daily of the body's innate wisdom. My mission is simple: to empower individuals and families to take control of their health and well-being. I'm here to guide you, support you, and show you how your body can heal when it feels safe, seen, and supported. Each session builds on the last, creating a ripple effect of healing that not only transforms your body but your whole life. Thank you for letting me be a part of your journey.

The button at the bottom should lead to the bookings page | CTA = Book your appointment

The text above should be accompanied with a picture of Karon