



## **Ariya Lodge**

Ariya had an interest in healing and body work from an early age. He experienced his first spinal injury after a fall from a horse at 10, followed by many others; doctors didn't appear to have any tools to assist with chronic pain and discomfort. Chiropractors, osteopaths, massage therapists and physiotherapists were also unable provide significant relief.

Ariya first studied reiki and massage courses at about age 15 in a quest for pain relief. Over the following two years he found that specific exercises in the gym were the only thing that really helped. He was often asked for advice from friends and other gym-goers on how best to deal with their injuries and improve their strength and fitness; his interest in the area, and the demand for advice from others kept growing.

Ariya started working in the health industry in October 1999 after contracting a form of reactive arthritis. At this point it became his mission to try and overcome pain, so he gave up his 'day job' and commenced studying exercise rehabilitation therapy and personal training. He studied nutrition for musculoskeletal human disease in 2001 and then Smart Bowen, and qualified as a Bowen Therapist in 2003.

So far in his career, Ariya has been a lecturer for the Australian Institute of Fitness, running the exercise rehabilitation courses and teaching anatomy and physiology. He also studied kinesiology in 2002. He opened his first health centre in 2003, focusing on athletic performances, injury rehabilitation and personal training. Ariya also worked as a contractor for the South Australian metropolitan fire service for about three years (1000 personnel over 20 stations state wide), to reduce and manage employee workplace injuries and health issues. During this time he gained formal recognition for Bowen Therapy to be used for injury management in the fire service.

He then worked for the Australian government, rehabilitating long term unemployed people (1600 people across seven sites state wide); and obtained Federal government approval to practice Bowen, kinesiology and exercise therapy on these people. In conjunction with a team of in-house psychologists and job agencies, he assisted 40% of these clients in re-entering the work force; a further 30% into education and training; and another 10% to be accurately assessed for disability support.

Over the years Ariya has worked for 12 different health centres and gymnasiums and has owned various health and fitness studios from which he has practiced Bowen.

In 2012 Ariya had a full disc replacement, and during his recovery started volunteering as a sports trainer for local football. In the last two years he has collaborated with pro-cycling coach and mechanic Kim Henschki and Doctor of Chiropractic Therapy & Functional Neurology Lund Sox, to design and develop a system of fitting bicycles to people and people to bicycles with a combination of therapy, latest technology and biomechanical assessment and realignment.

In 2018 year he was appointed as an Instructor of Smart Bowen therapy, and is currently writing post-graduate courses for the wider Bowen community.

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