

# THE FLOATATION THERAPY



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## SCARY AND WEIRD OR MINDFUL AND SERENE?

A potentially scary, weird, confronting experience turned into a peaceful therapeutic treatment that enhances mindfulness and overall wellness that became a business venture for Lena Yamine, a myotherapist and the founder of Inner Outer Health in Melbourne.

Surprisingly, Yamine, now a leading authority on floating with two floatation tanks in her wellness clinic, readily admits to initially being naïve about floating. “I knew nothing about floating when I experienced my first float. Had I researched it ahead of time, I probably would never have done it.” reveals Yamine candidly. “There are so many, mostly exaggerated, horror stories about floating – that it induces motion sickness, triggers anxiety, it's weird...” Yamine unapologetically admits floating is not for everyone any more than hot yoga, primal chanting and reincarnation therapy might be.

Floating is widely misunderstood and underappreciated as a therapeutic treatment. In this day and age of information and stimulation overload – the “sensory deprivation tank” environment is a unique respite from these toxic irritants.

Floating is exactly what its sounds like. You lie in a tank or pod of very salty water that enhances your buoyancy by more than 5 times. With the water and ambient air regulated at body temperature, within minutes, you assimilate to a non-sensory experience that is akin to floating in zero gravity – hence the commonly used term sensory deprivation tank.

With the removal of sensory input and cues, your conscious and sub-conscious mind can achieve a much deeper, calmer sense of relaxation that approaches a meditative state quite effortlessly.

For those seeking to learn meditation, floating shortens the learning curve quite dramatically. However a true sense of serenity and peace is often not achieved instantly, which is why it's highly recommended you start with a 2-hour introductory session followed by a series of sessions either weekly or fortnightly to get the full experience and residual benefits that accumulate with regularity and consistency.

Floatation therapy benefits include: Stress and pain relief,

improved sports performance with faster healing and recovery from injury or hard competition, memory improvement for students, weight loss, sleep enhancement as well as jet lag recovery amongst many others.

The hardest part of floating interestingly enough is not keeping your head (face) above water – the salt water does that automatically – it's quieting the inner “chatter” of your self talk. In as much as it appears easy to do, it's not. That little voice within you always wants to blab on and on – relentlessly, which is why in traditional meditation, focus is diverted towards your breathing.

In a floatation tank, the lack of sensory stimulation heightens the “quiet” that those with some or a lot of meditation experience value highly, whereas first-time floaters either embrace or find it confronting and in extreme cases overwhelming (It's just too quiet!).

“We tell every first-time floater the same thing...” explains Yamine “Floating is an individual, private and confidential experience you turn into your own journey to create your own personal story. No one is there to judge you. You can always just get up and leave if you feel uncomfortable.” Yamine recommends expertly “the less you know about floating and have little or no expectations, the more profound and relaxed your inaugural experience will be”.

Regular, experienced floaters embark on a self-discovery journey that can take a wide variety of paths. For some, floating includes alcohol and drug enhancement. For the large majority, it's a meditative embellishment free of any stimulants. Yamine doesn't actively promote or endorse the practice of psychedelic floating, but accepts this as part of the experiential continuum – for those who want to make the most of the experience, as long as it is done safely and with proper supervision.

If you haven't floated, it's definitely an experience to add to your bucket list! Something you have to try at least once in your life. With two tanks, you can bring a friend and share the experience of a lifetime at Inner Outer Health. One thing is for sure – it will be memorable and at the same time will reveal another dimension of your true inner self. Where else can you have that kind of experience?