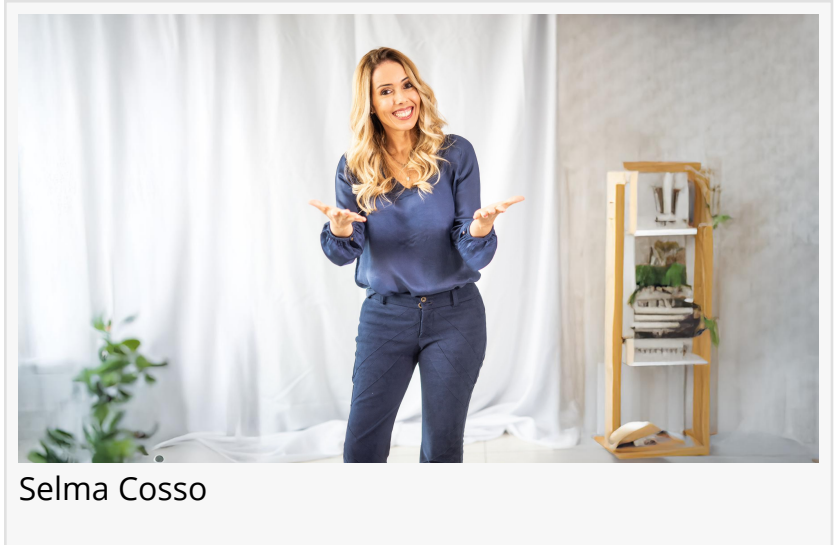


# Selma Cosso Launches Institute to Empower Women Through Holistic Healing

*Selma Cosso combines academic expertise and personal resilience in the innovative treatments at her institute, marking 25 years of her healing journey.*

LOS ANGELES, CA, UNITED STATES,  
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EINPresswire.com/ -- [Selma Cosso](#), an internationally recognized physiotherapist and public speaker, has announced the launch of the Selma Cosso Institute, marking a significant milestone in her 25-year



Selma Cosso

career in integrative health. Renowned for her innovative approach to wellness, Cosso integrates physical, emotional, and spiritual healing to promote holistic well-being.

“

Launching the Selma Cosso Institute marks the pinnacle of my journey. My goal is to empower individuals through holistic health practices that treat not just physical symptoms but the whole person.”

*Selma Cosso*

## A Career Driven by Personal Resilience

Cosso’s career in physiotherapy began after a spinal injury abruptly ended her ballet career at age 16 when she was diagnosed with severe scoliosis. This personal challenge, which temporarily confined her to a wheelchair, inspired her to pursue a career in physiotherapy, focusing on holistic rehabilitation that integrates emotional resilience with physical recovery.

Throughout her career, she has become known for her unique methods, which address not only physical

symptoms but also the emotional and mental aspects of healing. She has gained recognition for her integrative approach to health, combining various therapeutic techniques to treat the whole person. Her work emphasizes the importance of emotional intelligence in the recovery process, which has resonated with clients seeking comprehensive healing.

As an international speaker, Cosso has shared her expertise at numerous conferences across

Portugal, Spain, and Brazil. Her insights into emotional intelligence in healthcare have made a lasting impact at prestigious events such as the Be Amazing Summit + Próximo Nível in Lisbon and the Sant Jordi Book Fair in Barcelona.

### The Selma Cosso Institute

The recently established Selma Cosso Institute offers a variety of holistic therapies, including acupuncture, Reiki, Pilates, eutonics, and theta healing. It serves as both a therapeutic center and a community hub for wellness events. The institute's mission aligns with Cosso's long-standing commitment to promoting physical, emotional, and spiritual health.

Located in São Paulo, Brazil, the institute has already garnered global influence, reaching women worldwide through online platforms and lectures delivered by Selma Cosso and her team of specialists.

### About Selma Cosso

Selma Cosso is a globally recognized physiotherapist and public speaker, specializing in integrative wellness. With over 25 years of experience, she combines her academic expertise and personal resilience to offer innovative therapies that foster physical and emotional recovery. Her career, marked by achievements in physiotherapy and public speaking, continues to influence the global wellness community.

Cosso's academic background includes a degree in physiotherapy, postgraduate qualifications in neurological physiotherapy, and certifications in eutonics. She also holds advanced degrees from the Pontifical Catholic University of São Paulo (PUC-SP).



Selma Cosso methodology



Selma Cosso in action

Selma Cosso

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