

MASSAGE (deep tissue):

Massage is widely recognized as an effective tool for treating a wide range of medical conditions and situations. It is an excellent complement to standard medical treatment with proven benefits for relieving stress, pain, and muscle stiffness; managing anxiety and depression, and treating sports-related injuries.

Shiatsu: This Japanese form of bodywork has roots in Traditional Chinese Medicine. Shiatsu addresses the meridians and acupoints throughout the body with kneading, pressing, tapping, and stretching techniques to address the full body and move Qi, or life energy.

Craniosacral: Craniosacral therapy is a gentle therapy that allows the body to create an internal environment for healing. By use of light pressure and holding techniques, the body is allowed space to let go of tension and internal fascia restrictions.

Cupping: Cupping is a 3500 year old China based therapy for reducing body pain. Cupping therapy includes the use of glass cups to create a vacuum on the body part which enhances circulation of blood and lymphatic fluids through tissues. This therapy can be added on to any massage or scheduled on its own.

LIFE COACHING: A Life Coach supports you in designing the personal and professional life you want. By using active listening, explorative question-asking techniques and motivational tools, they can help you design a more dynamic future for yourself. A full intake will be used so that each session is customized to meet your needs and overall goals.

REIKI: Reiki is a Japanese energy healing technique that relieves stress and increases relaxation, which improves immunity and promotes healing. Reiki uses unseen life force energy that flows through us and enlivens our health and wellbeing. This therapy is offered fully clothed, on a massage table.

THAI BODYWORK: Thai Yoga Bodywork, also known as Thai Massage, is an ancient and sacred healing treatment from Thailand that uses assisted Yoga, acupressure and physical therapy. This therapy helps to release blocked areas and will stimulate the flow of healing energies within the mind, body, and spirit.

PRIVATE YOGA: A private yoga class will be customized to meet your needs. Whether you are brand new to yoga, are healing from an injury, or are looking for take home techniques to reduce tension and stress, this offering is right for you! Learn more about the therapeutic benefits of yoga for your body with this individualized class.

PRIVATE MEDITATION: Private meditation sessions are great for someone who is new to meditation or is interested in furthering their meditation practice. These sessions will be customized to meet your needs and a variety of mindfulness techniques, guided imagery, and other variations of meditation will be introduced.

AYURVEDIC CONSULTATION: Ayurveda, India's traditional system of medicine, assesses areas of balance and imbalance within the whole self. Through a thorough evaluation and discussion, our practitioner will offer practices (nutrition, self-care, meditation, movement, pranayama, etc.) to assist in accessing your greatest health and well-being.