

Please mark your Calendars!

Yoga Schedule for October 2006!

8/29/06

Free

Chair Yoga at the Keshena Primary School,
Keshena WI.

Date: **October 31st** **November 28th,06**
Time: at 5 pm - 6pm (*only Chair Yoga that day in Keshena*)

call me on my mobile to confirm the date and time.

- *Gift Certificate are available*

For one on one Yoga, Swedish massage as well as Amma.

- *Accepting appointments for one-on-one yoga therapy sessions and massages at my home in Shawano, WI. 920.639.9086 or 715.304.9169*

What is Amma Therapy?

A form of Asian Bodywork Therapy based on holistic healthcare to align your body's Qi. A smooth flow of Qi (Ch'i,KI) in the body is viewed as a sign of health.

50 minutes: \$ 50.00

Special: \$25.00 Donation recommended

What is Swedish Massage Therapy?

Generally regarded as the most common form of massage, Swedish massage involves a combination of five basic strokes and concentrates on the muscles and connective tissues of the body for improved circulation, relaxation, pain relief, and overall health maintenance and well-being.

60 minutes: \$50.00 Special: \$35.00

What is Structural Yoga Therapy?

Focuses on your weak muscles; then strengthening or stretching the appropriate muscles in a yogic way. (Body-Mind-Spirit) Typically used to support recovery from injuries and chronic pain. 60 minutes: \$50.00 Special: \$3 sessions for \$75.00

All Special Expire: End of December 06

All of the therapies are used for the benefit of the musculoskeletal, circulatory - lymphatic, nervous, and other systems of the body.

In fact, all the therapies positively influences the overall health and well-being of the client:

Physical and Mental Benefits:

- Relaxes the whole body
- Loosens tight muscles
- Relieves tired and aching muscles
- Increases flexibility an range of motion
 - Clams the nervous system
- Assists in recovery from injuries and illness
 - Strengthens the immune system
 - Reduces tension headaches
 - Improves concentration
 - Promotes restful sleep

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- Aids in mental relaxation