



# OmBody

## Massage & Wellness

•THAI YOGA MASSAGE •MEDITATION •REIKI  
•MASSAGE •YOGA •ESTHETICS •SAUNA



Just part of the team at OmBody Massage & Wellness. From left to right, Lonna Ravenscraft, LMT; Amy Rhodes RYT; Leann Beatty LMT and OmBody Owner; Lauren Cragle LMT and Reiki Master; Jenny Dayton E-RYT; Erica Seaver-Engel E-RYT.

Employees will be more inclined to value an organization that offers options to manage their work stress levels.

Increase employee retention and output—In one survey\*, employees engaged in wellness programs report: having taken less sick leave (56%), lost weight (67%), increased productivity (62%) and earlier detection of disease (30%).\*



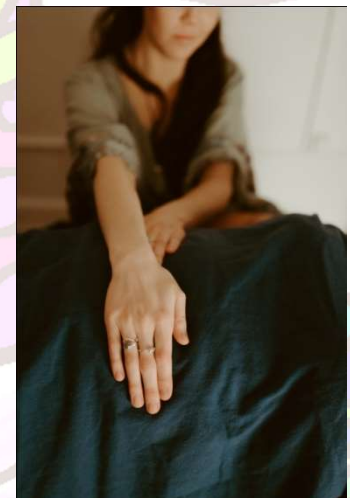
## Guided Yoga Class

OmBody has different Yoga classes to fit your different needs. For an example, your faculty/staff/students may prefer an earlier Sunrise Hatha Yoga, a Lunchtime Power Yoga, a Seated Yoga, or an evening Gentle Flow.

## On-site Chair Massage

- 15 minutes per person.
- Requires very little space.
- Will address on high tension areas like the shoulders, upper back and neck.
- Clients remain fully clothed.

\$150 / hour / Licensed Massage Therapist  
2-hour minimum





## On-Site Table Massage

- 30 minutes per person
- Will require a space to accommodate a massage table
- Focuses on high tension areas like the shoulders, upper back, neck and high strain areas (lower back and legs).
- Clients will remain fully clothed

\$150 / hour / Licensed Massage Therapist  
2-hour minimum



## Guided Meditation

Guided Meditation for success. Learn how to use meditation, yoga stretches, and breathing techniques to overcome stressful situations and for overall well-being. \$150 / hour

## Gift Certificates

Show your staff just how much you appreciate them by giving a full-service massage at our location!

*Purchase up to \$2000 get 10% off*

*Purchase over \$2000 and get 15% off and receive Priority Booking!*



## Custom Packages

We are happy to tailor a custom event to meet your needs.

Please Contact us at 724-320-9386 or  
[OmBodyMassageAndWellness@gmail.com](mailto:OmBodyMassageAndWellness@gmail.com)

