

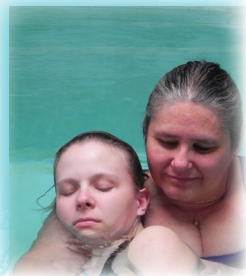
Watsu®

**WEIGHTLESS GENTLE MASSAGE
FLOATING IN WARM WATER**



More info on
WATSU®

www.watsu.com



Imagine being afloat in a warm pool, stretching muscles while gently moving - calming the mind. No sensations but the tensionless, support of water that allows your body to relax deeper. Watsu's® relaxing, stress reducing effects are deep, lasting and profound.



Waterdance



Works with the synchronization of breath and movement beneath the water in beautiful dance-like progression, as part of aquatic bodywork. Slowing the heart and breath to produce a deep meditative state.



**95 DEGREE SALT WATER
INDOOR THERAPY POOL
LOCATED IN FORTUNA
WHEELCHAIR ACCESS INCLUDING SHOWER
POOL RENTAL
HOT TUB RENTAL**

AKASHA BODYSMITH

MASSAGE

AQUATIC BODYWORK CENTER



RELIEVE

TENSION

PAIN

STRESS

KIM CHAMBERLAIN

- **ADVANCED MASSAGE**
- **AQUATIC BODYWORK**

FORTUNA, CA.

BY APPOINTMENT

707-725-8867

www.akashabodysmith.com

AKASHA BODYSMITH

ADVANCED MASSAGE



EDUCATED

RELIABLE

EXPERIENCED

- Gift Certificates
- Flexible Hours
- Out-Calls



Professional Member of the
American Massage Therapy
Association for 20 years

MASSAGE MODALITIES

Swedish- A gentle circulatory massage to stimulate blood and lymph, range of motion and stretching can be used.

Polarity Therapy- Works with the energy fields of the body (can be light touch or very stimulating) restoring proper energy balance through sympathetic resonance with the practitioner.

Shiatsu Acupressure- Applying pressure along Chi lines (meridians) corresponding to organ systems of the body. Herbs, flavors, Tai Chi, meditation and nutrition are compatible applications.

Neuromuscular Therapy- Applies specific pressure on trigger points to relieve chronic pain. They exhibit local tenderness and can refer pain or other sensations.

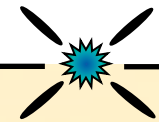
Deep Tissue- Using ischemic compression on specific muscles to restore circulation. Stretching and joint movement return muscles to normal resting length. Some conditions that benefit from deep tissue massage,
* Chronic pain from injuries, repetitive motion
* Severe pain from muscle spasms, ischemia (lack of blood), fatigue
* Stiffness from immobility, adhesions

Orthopedic Massage-The Hendrickson Method® recognizes that muscle tissue develops a positional dysfunction interfering with mechanical body movement. Application of specific wavelike strokes can realign the tissue to functional position, also using muscle energy technique to facilitate neurological integration.

MASSAGE



- Ease tension
- Reduce stress
- Restore mobility
- Just plain feel good



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