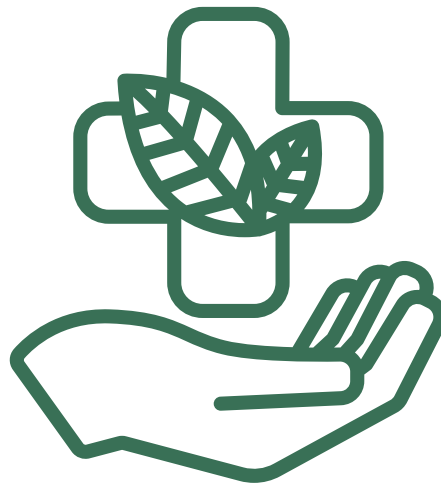




## About PMHC

Meet Audrey Walker! Founder of **Peaceful Minds Holistic Centre**, **Certified Myomassologist Practitioner** and **Teacher, Reiki Master Teacher** and **Clinical Herbal Practitioner**. Since 2013, she's transformed all of her life work to manifest her dream of helping others. After years of hard work, she has created a plan to help others "rebuild the foundation of their lives".



"Discovering awareness through whole body healing"

Join Today!



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## MYOMASSOLOGY

# Student Program

If you have a dream of helping people, start here!

IN AFFILIATION WITH AROMATICA

# Course Breakdown

## (1) Swedish Massage

A gentle massage for relaxation and tension relief

## (2) Pregnancy Massage

A technique designed to release tension caused by pregnancy

## (3) Reflexology

Zone Therapy - Involves the application of pressure to specific points on the feet

## (4) Indian Head Massage

Focuses on massaging acupressure points along the head, neck, shoulders and back

## (5) Contraction & Release Therapy

A effective technique on muscles which cannot relax in the natural process or from relaxation massage

## (6) Chinese Fire Cupping

An ancient Chinese therapy that works on muscle tension and blood flow to relax and rejuvenate the body

## (7) Tui Na

An ancient Chinese practice that helps remove blockages or imbalances that are associated with pain and illness

## (8) Cranial Sacral Therapy

A type of body work that relieves compression in the bones of the head, sacrum and spinal column



## What is Myomassology?

Myomassology is an integrated, holistic approach to massage therapy. It includes the following modalities:

- Swedish Massage
- Pregnancy Massage
- Reflexology
- Indian Head Massage
- Contraction & Release Therapy
- Chinese Fire Cupping
- Tui Na
- Cranial Sacral Therapy

This unique approach to massage allows you to give your client a full range of treatment.

## PMHC'S MISSION

At PMHC, we prioritize our clients.

Our mission is to help those who are driven to help themselves and through our holistic sessions, learn to rebuild their foundation. We encourage the client to become aware of their whole body and how to begin healing. On this journey, we not only help with pain management, we find solutions in helping individual's become the best version of themselves.

"THE FREEDOM  
TO LIVE YOUR  
BEST LIFE"