

WITH OVER TEN YEARS OF
EXPERIENCE IN A WIDE RANGE OF
MODALITIES, MY GOAL IS TO
WORK WITH YOU THROUGH A
HOLISTIC LENS, TO MEET YOUR
BODY'S INDIVIDUAL NEEDS.

CRANIOSACRAL (CST)
SWEDISH RELAXATION
DEEP TISSUE
MYOFASCIAL RELEASE (MFR)
TRIGGER POINT RELEASE
SHIATSU
REFLEXOLOGY
LOMI LOMI

CRANIOSACRAL THERAPY (CST)
EXPERIENCE DEEP RELEASE & RENEWAL

THROUGH GENTLE MANIPULATION OF TISSUES
SURROUNDING THE CENTRAL NERVOUS SYSTEM ~ SPINE,
CRANIAL BONES & SACRUM, THIS TECHNIQUE RELEASES
DEEP-SEATED TENSIONS, OFFERING RELIEF FROM
HEADACHES, MIGRAINES, POST-CONCUSSION SYNDROME,
CHRONIC PAIN, SPINAL CORD INJURIES, ANXIETY, TRAUMA
& MUCH MORE

WHETHER RECOVERING FROM INJURY OR SEEKING RELIEF
FROM CHRONIC CONDITIONS, CRANIOSACRAL THERAPY
NURTURES YOUR BODY BACK TO BALANCE AND VITALITY &
OFFERS A GENTLE HEALING FOR THE BODY AND MIND