

Synergistic Swedish Bodywork Blend - A blend of fourteen years of bodywork using a Swedish base, incorporating Shiatsu, Neuro-muscular Trigger Point Release, Cranial-sacral, Acupressure, Stretching, Rocking and Subtle Energy Balancing. Deeply relaxing, soothing, energizing and stress relieving. These sessions are received clothes off with the use of oil.

Zen-Shiatsu massage includes deep work along energy pathways, rocking and stretching & pressure points to release tensions & to tonify energetic deficiencies. Your session will help to rebalance your body and is ideal to restore health, rejuvenate and release pain.

FEES & POLICIES

COST: \$70 per hour. \$85 for 75 min. \$95 for an 1 1/2 hour session.

CANCELLATION POLICY: If cancellation is necessary, please give 24 hours notice. Otherwise you will be charged for the appointment unless it can be filled. Emergency cancellations are determined at the therapist's discretion.

ReFormationYoga, Pilates & Gyrotonic Studio
1357 Dell Avenue, Campbell, CA 95008
Tel: 408-370-YOGA Fax: 408-341-2001
www.reformationstudio.com



HEALING WAVES Massage Therapy & Bodywork

ReFormation Studio offers alternative health and fitness programs. Classes help build strength and flexibility, body and breath awareness, balance, confidence and a sense of well being. Our *unique environment* is designed to enhance body, mind, and spirit for all *adults, regardless of fitness level and movement experience*. ReFormation Studio takes an integrated approach to wellness. *We are dedicated to empowering you with the tools for health of body and peace of mind.*

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At Reformation Studio we are committed to supporting our Clients with a personalized wellness program. Our goal is to help you achieve a sense of well being through a variety of services that we offer, including a wide selection of specialized Body Work techniques offered by a team of professional therapists.

THERAPISTS



Annie Figen has been practicing therapeutic bodywork and transformational healing for over fourteen years. She has over

700 hours of bodywork training with additional training in Hypnotherapy and Energy Therapies. Her deep love of meeting each moment fully, brings an invitation to relax and let go while sinking deeply into your own being as you receive the work. All of her sessions are deeply relaxing, and rejuvenating. They are designed to heal, soothe, and energize while relieving stress, pain and energy blockages. Each session is individually tailored to your needs. She'll be offering Cranial Sacral Sessions, Regeneration and Reiki Sessions, and Synergistic Swedish Blend Sessions: incorporating elements of Swedish, Shiatsu, Acupressure, Subtle Energy Work, Stretching, Rocking, Neuro- Muscular Trigger Point Release and Cranial Sacral Work. She works Friday and Sunday, afternoons and early evenings at Reformation Studio. To schedule, call Annie at 831-685-8619.



Oasis has studied massage therapy, Yoga and holistic medicine, since 1990 worldwide. She continuously gives & takes workshops and classes in the healing arts. Oasis is a certified Yoga teacher, certified Shiatsu therapist from the Shiatsu School of Jerusalem, C.M.T with Cypress Health Institute in Santa Cruz, graduate of B.P.I and has Reiki I & 2 certifications. Her treatments are focused, deep and thorough, leaving you feeling refreshed and renewed, restoring your sense of balance and health. Oasis works Monday, Tuesday (early) and Wednesday. To schedule an appointment, call her at 408-370-9642 or 831-246-1348



Laurie Perry is a certified Massage Therapist and has been practicing in the Bay Area for the past 13 years. She has been trained in Swedish and Therapeutic Deep Tissue Massage and CranioSacral Work. Her own injuries led her to the path of bodywork and she is passionate about helping others to heal. Laurie is available on Thursdays from 10am to 6pm. To schedule an appointment, you may reach her at 408-438-1006.



Ron Reeves Meadow, DC is a graduate of Texa Chiropractic College with over 20 years experience in various forms of bodywork. He offers firm and flowing Swedish style therapeutic massage with a focus on deep relaxation, stress reduction and relief of musculo-skeletal pain. His intent is to create in the client an experience of peace, release and relaxation. Ron works on Tuesdays. To schedule an appointment, call him at 831-234-2488.

BODY WORK OFFERINGS

Cranial Sacral & Subtle Energy Work - Gentle hands on work, done clothed to help dissipate the negative effects of stress from the central nervous system and to balance the energy in the subtle bodies that affect the physical. Cranial Sacral is derived from osteopathy and works with the membranes and cerebral spinal fluid that protect the brain and spinal cord, extending from the bones of the skull, face and tailbone. The rhythm of this system can be monitored and assisted to self correct. These sessions are deeply rejuvenating and pain alleviating. They are great for addressing specific injuries, and headaches, low backache, or other chronic stress situations, in a gentle spacious way.

Integral Oil Massage relaxes the soft top layers of the muscles as well as going into the deeper layers to release chronic & acute muscular tension. This improves circulation & soothes stiffness & discomfort.

Polarity Therapy based on Ayurvedic principles, the treatment re-balances the internal energies with a series of gentle stretches, light rocking and holding of pressure points on complementary parts of the body until it releases...soon you will drift into a VERY deep relaxation.

Regeneration and Reiki Energy Work - Universal life energy is transmitted while listening and communicating with your body and being, to remind the system of its innate intelligence and role in functioning. These sessions are calming, centering, and deeply restful, allowing the being and body to be in greater communication and experience more peace and harmony.