



SERVICES	DESCRIPTION
<p>Classic Massage</p>	<p>Classic Massage is also known as Swedish Massage. It is utilized for relaxation, stress reduction, normalizing body tissue, and flushing.</p>
<p>Manual Therapy</p>	<p>Whether you are being seen for structural realignment, myofascial release, neuromuscular reeducation, or sports injuries, your therapist can assist with overuse, disuse, and misuse of the body's soft tissues. We charge a flat rate for all Advanced and Specialty Manual Therapies, hoping you will allow your therapist to evaluate and treat with options agreed upon at each session.</p>
<p>Medi-Cupping™</p>	<p>Medi-Cupping gives a modern spin to an ancient tool. Glass or plastic cups are used in conjunction with a specialized vacuum machine to help lift and separate layers of tissue. Pressure (suction) can be measured and monitored for evaluative purposes. It can be used as a stand-alone treatment or in conjunction with manual therapies.</p>
<p>Ashiatsu/Barefoot</p>	<p>Western-friendly Ashiatsu/Barefoot Massage is performed with the client comfortable on a traditional massage table. The practitioner uses overhead bars to balance and off-weight themselves and uses her feet to offer deep and specific work. It can be used as a stand-alone treatment or in conjunction with manual therapies.</p>
<p>Initial Evaluation</p>	<p>An Initial Evaluation is required when you are really not sure what you need! The evaluative process generally takes 90 minutes and includes time for assessment, some treatment, and planning. We look at history, injuries, prior treatments, posture, gait, sport/activity movement pattern analysis, the FMS™, and whatever other tools we need to help for a treatment and training plan.</p>

<h1>Stretching</h1>	<p>Stretching is used to elongate the body's soft tissues. Passive (all movement done by the therapist) and assisted (client works with the therapist) techniques will be used to make changes in muscle and fascia.</p>
<h1>FMS™</h1>	<p>Seven basic movement patterns are evaluated and scored accordingly. It is a standardized procedure that helps us learn your readiness for participation, gives a good pre-season evaluation, offers follow-up to a season of play, and is part of our basis for corrective and conditioning strategies.</p>
<h1>Fitness Training</h1>	<p>Training Sessions and plans are individualized and are as unique as the person requiring them! Please inquire about small group sessions for a change of dynamic and pricing.</p>
<h1>Corrective Exercise</h1>	<p>We specialize in Corrective Exercise and Sport/Activity-Specific programs. If you are injured, returning to activity after rehabilitation, or not performing up to your expectations we can assist movement reeducation.</p>
<h1>Yoga</h1>	<p>When practiced one-on-one, Yoga sessions can be used as "class readiness and preparedness" or as "fine tuning" of postures. It can be a time to deepen exploration and integration of all Eight Limbs.</p>
<h1>Yoga Therapy</h1>	<p>When yoga is used to address health challenges and injury it is often referred to as Yoga Therapy. During these sessions you will be guided by a teacher with training in both western and eastern modalities. Like other modalities and forms of personal training, Yoga Therapy can help manage conditions, reduce symptoms, restore balance, increase vitality, and improve attitude.</p>
<h1>Healing Breath Work</h1>	<p>Utilize the combination of focused and deliberate pranayama with chakra-based energy work. Healing Breath Work is used to help identify areas of energetic blockage to assist in the journey of self-love and healing.</p>

