



Kriya Therapeutic Massage

Massage is one of the oldest and enjoyable ways to receive a direct healing experience with another. It is a healing modality that can be traced back to ancient Mediterranean cultures. Throughout the ages, massage has been given with a variety of techniques that have provided much pleasure and benefits to one's healing of body, mind and spirit.

I specialize in Kriya Massage, a therapeutic approach that promotes spontaneous emotional and energetic release from the body through a continuous flow of the hands. I integrate Kriya with deep neuromuscular, hot stone therapy, and lymphatic drainage techniques, and warmly invite you to experience a massage to:

- Reduce stress
- Relax muscles
- Release stored emotions
- Help remove body tension/pain
- Increase blood circulation
- Strengthen the immune system
- Increase vitality of body organs
- Invigorate muscle growth
- Improve joint mobility
- Open energy meridian gateways throughout the body
- Induce a greater feeling of peace.