

Healing Arts at Awaken Yoga



Massage

*Deep Tissue \$20 upcharge

The hands on way to reduce stress and feel good. Clients are asked to remove clothing to their level of comfort.*

Massages are offered in Deep Tissue for a heavier touch or Relaxation for a softer touch. Great for reducing stress and tension in the body. Massage is good for any "body" and can be done lying down or in a massage chair. We love to listen or enjoy the quietude of our massage rooms. Massage is a release on all levels. All sessions are confidential. Stretches and self-care is offered for at home treatment for any areas where tension is noted to ease pain and loosen tight areas. Topical pain treatments (bio freeze or asana kissers) is applied if necessary for further relief.

FAQ's on massage:

*You may wear shorts, shirts that allow access to the shoulder area and undergarments. The Ohio State Medical Board requires that only the area being massaged is exposed. All other areas are covered by sheets or light blankets for comfort.

*The massage session is customized to the client's needs and comfort levels. Feedback to your therapist on pressure is always welcome

The therapist does not judge your body. We know everybody is beautiful!

*Prior to the massage, the client is educated as to what will occur during the session

*We offer customized massages that cannot be replicated at massage subscription businesses or hair salons.

Licensed massage therapists have invested a great deal of time and education in learning anatomy and physiology as compared to spa like practitioners.



Thai Massage & Prenatal Thai Massage

The "Lazy" way to do yoga! Lie down on a huge Thai massage mattress fully clothed and have your practitioner pull, massage and stretch away tension! Great for chronic pain, circulation issues, tension, anxiety and relaxation. Ask for light to deep pressure. For any "body" who can lay flat on their backs and have their body moved around.



Reiki

Nourishing energy medicine for healing. Reiki is a Japanese healing technique that treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. It is also effective in helping to relieve physical and emotional pain, stress, and exhaustion. Clients are asked to lie on a table, fully clothed for their sessions. A light touch to the head or hands may be a part of your session. Clients can decline touch.

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Raindrop Treatment*

Essential oil application with healing touch, ended with healing reiki energy work. Raindrop Technique is a relaxing healing touch technique that allows you to experience the art of aromatherapy. In this treatment a series of nine different essential oils are applied along the feet, the spine, and back muscles to promote circulation, relax muscles, and relieve stress. At the end of this treatment you will be deeply restored with healing reiki energy.*75min option only



Private Yoga Instruction & Yoga Hybrid Sessions

Learn yoga tailored to your needs. Let your instructor know your needs and receive personalized technique and instruction for your body and lifestyle.. Great for pain in the body, injury recovery, and overall health and well-being. Wonderful for students looking to intensify their asana practice or begin one. Sessions can be offered in traditional yoga, chair yoga, prenatal, therapeutic, restorative and vinyasa.

Request a *yoga hybrid session* by adding reiki or massage to experience in some of your postures!
Feel free to bring a friend for \$20 add-on.



Body Wisdom™*

Yoga Therapy dialogue to release the heaviest of experiences. We are human, life is hard at times, many times without our permission or us causing it ourselves. Yoga is a powerful healer, but it is not just the physical part of yoga that heals, it is the mental. In this session, the practitioner will be lying on the floor, fully clothed, supported by blankets and cushions for comfort. You will be guided by your practitioner through a releasing dialogue with your body and mind. You will be assigned outside spiritual "homework" to keep you on your healing journey. You may have as many sessions as you like, but it is recommended to space them out by 1-3 weeks to give you time to absorb your session into your life. Healing from illness, loss, pain, abuse, infertility, depression, anxiety, and any other forms of "dis-ease", are all issues that Body Wisdom helps to heal. 75 mins only

Healing Arts Pricing & Scheduling

Please schedule your appointments online, via phone or at our front desk. All sessions are asked to be pre-paid and cancellations are only refunded with 24 hour or more notice via phone or front desk.

All Sessions:

50 min sessions \$60

75 min sessions \$90

90 min sessions \$108

Call: 440-789-6226

Online: www.awakenyoga.com

Stop in!

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