

~ Price Menu ~

**Swedish**

30 Min. -----	\$35
60 Min. -----	\$65
90 Min. -----	\$95

**Shiatsu**

30 Min. -----	\$35
60 Min. -----	\$65
90 Min. -----	\$95

**Sport/Deep Tissue Massage**

30 Min. -----	\$35
60 Min. -----	\$65
90 Min. -----	\$95

**Couples Massage Class:**

60 Min. only -----	\$75
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**Chair Massage**

.....\$1 per minute

**SAVE with  
ADVANCE SALES**

**Purchase any 5 massages  
in advance and receive the  
6th massage of equal or  
lesser value for**

**FREE!\***

■ ■  
Minimum 6 hour notice  
is required for cancellations.

■ ■  
\$20 charge for missed appointments  
or late cancellations.

A 24 hr. prior notification for  
a massage is preferred.

■ ■  
Massages available seven days a week  
by appointment.

**James Shapiro, LMT**

has been Nationally Certified in Therapeutic Massage and Bodywork and a member of the American Massage Therapy Association since 1993.



He has been certified in Myofascial Therapy since 1995. His specialties include Sport and Performance massage, Injury/Post-Surgical Rehabilitation, and Deep Tissue therapy for chronic pain.

[jshapiro@sloymca.org](mailto:jshapiro@sloymca.org)



**Helen Bresler, CMP**, a native of San Luis Obispo county, holds a Bachelor's degree in Kinesiology from Cal Poly and is a Certified Massage Practitioner. After returning from two

years serving as a Peace Corps Volunteer in Swaziland, she wanted to continue serving the public as a health educator and event coordinator. As the new Active Older Adults Activities Coordinator and Massage Practitioner, Helen looks forward to meeting the many members of the SLO YMCA.

[hbresler@sloymca.org](mailto:hbresler@sloymca.org)



**YMASSAGE**

**Support for the  
Spirit, Mind, & Body**



**Call the YMCA today  
to make your appointment at  
(805) 543-8235 ext.123**

**San Luis Obispo County YMCA**

1020 Southwood Dr.  
San Luis Obispo, CA 93401  
(805) 543-8235  
[www.sloymca.org](http://www.sloymca.org)



## Massage and the YMCA

For over 50 years, the San Luis Obispo County YMCA has worked diligently to offer programs that improve the lives of members of the communities it serves.

Massage is another way the YMCA improves each person by rejuvenating the spirit, mind, and body for a total health experience.

Massage is an incredible way to add relaxation to your everyday busy lifestyle, increase blood circulation, offer relief from muscle aches and pain, and enhance energy levels.



To schedule a massage, please call the YMCA Massage Line at (805) 543-8235 ext. 123

Or feel free to e-mail one of our excellent massage therapists.

## Types of Massage Offered

### Swedish Massage:

Best choice for relaxation and reducing blood pressure. Consists of long flowing strokes ranging from very light to fairly deep using oil. Compressions, stretching or gentle rocking movements may also be used. Minimal clothing suggested. Draping is required.

### Shiatsu, Massage:

Shiatsu, a relaxation massage, is a finger pressure massage technique that applies pressure with the thumbs, finger, and palms to specific areas of the body. Massage techniques like tapping, squeezing, rubbing, and applied pressure are applied along the meridians to unblock energy blockages. Minimal clothing is recommended.

### Sport /Deep Tissue Massage:

Designed to deal with specific body discomfort., this work focuses on the areas of complaint: neck, shoulders, back, hips, etc., with the goal of releasing restrictions or "knots" in the muscles. The techniques used rarely require lubricants; as a result, the work is usually done through clothing. *Gym attire is preferred.*

### Couples Massage Class:

Hands-on classes teach you how to help your partner relieve tension, back pain and headaches. Clients will learn techniques over clothing.

### Chair Massage:

A great way to get quick treatment to your back, neck, and shoulders.



## BENEFITS OF A MASSAGE... CAN BE MORE THAN YOU THINK!

Massage provides everything from soothing relaxation to deeper therapy for specific physical problems.

### It also can provide the following benefits:

- ◇ Relieves stress and anxiety.
- ◇ Increases the nourishing blood supply to your tissues.
- ◇ Improves energy and alertness.
- ◇ Aids recovery from pulled muscles or sprained ligaments.
- ◇ Eases uncomfortable stresses of child bearing, including edema, backaches, and exhaustion.
- ◇ Relieves certain repetitive motion injuries related to on-the-job activities.
- ◇ Helps to reduce pain from such problems as temporal mandibles joint dysfunction (TMJ) or carpal tunnel syndrome.
- ◇ Assists in the elimination of waste and toxic debris that are stored in your muscles.
- ◇ Increases interchange of substances between the blood and tissue cells.
- ◇ Heightens the oxygenation of the tissues.
- ◇ Stimulates relaxation response within nervous system.
- ◇ Helps strengthen the immune system.
- ◇ Improves posture.
- ◇ Increases joint flexibility and range of motion.
- ◇ Aids in lowering blood pressure.