

MASSAGE RATES

30 Min.	\$25
60 Min.	\$50
90 Min.	\$75
Chair Massage	\$ 1/minute
Couples Class.....	\$ 1/minute

GIFT CERTIFICATES AVAILABLE

MOBILE SERVICE TRAVEL CHARGES

Central County	\$20
South County	\$30
North County	\$40

MASSAGE DESCRIPTIONS

Swedish: Best choice for relaxation and reducing blood pressure. Consists of long flowing strokes ranging from very light to fairly deep using oil. Compressions, stretching and gentle rocking movements incorporated.

Shiatsu: a relaxation massage, applying pressure to specific areas of the body. Massage techniques designed unblock energy blockages.

Sport /Deep Tissue: 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.

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

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

Also available: Integrated Swedish/Shiatsu, infant, pre-natal & post-natal

EXPERIENCE THE BENEFITS OF MASSAGE

- ✓ Relieves stress and anxiety
- ✓ Improves energy and alertness
- ✓ Strengthens the immune system
- ✓ Improves posture
- ✓ Increases flexibility & range of motion
- ✓ Lowers blood pressure

James Shapiro, LMT is experienced in Therapeutic Massage and Bodywork. Certified in Myofascial Therapy for over 15 years, Jim's specialties include sport and performance massage, injury/post surgical rehabilitation and deep tissue therapy. Jim has been a member of the American Massage Therapy Association since 1993.

Shannon Grady, CMP trained at Hirudaya Holistic Life Center and has been a Certified Massage Practitioner for 8 years. Shannon specializes in Swedish massage, integrated Swedish/Shiatsu massage, infant massage, pre- and post-natal pregnancy massage.

HEALTH, WELL-BEING & FITNESS SAN LUIS OBISPO COUNTY YMCA

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPERIENCE THE MAGIC OF MASSAGE

