

## Therapeutic Bodywork

Andrew Allen, the Proprietor of The Living Body Studio is a Certified Massage Therapist, a Reflexologist and a Reiki Master. He received his training at the School of Shiatsu and Massage near Middletown, California; The Esalen Institute in Big Sur, California; and The Acupressure Institute in Berkeley, California. He has been practicing Bodywork since 2002 in a spa environment, a clinic setting and a private practice. After many years in the corporate world, he found his true calling as a "Bodyworker". He has worked with hundreds of clients with stress related chronic muscle tension, as well as sports and work related soft tissue injuries. He utilizes "Traditional Asian Medicine" without the needles. Andrew and his staff are very interested in maintaining optimum health in the human body and take a very holistic approach to health and wellbeing. They are also fascinated with the mechanical functioning of the human body and how a problem in one area can have a domino effect on other parts of the muscular/skeletal system. Andrew has attended workshops/seminars and read books related to the field of Somatic Movement Education as popularized by Moshe Feldenkrais, PhD and Thomas Hanna, PhD. To further enhance their holistic healing program, Andrew and his wife, Maria, have participated in a 250 hour Advanced Study Course to be trained in Yoga, Yoga Therapy and Ayurveda.

The Living Body Studio specializes in Headaches, Backaches and Chronic Tension in Neck and Shoulders.

We want you to "Feel Good for Life"

Asian Floor Massage (Shiatsu)  
Oil Massage  
Deep Tissue Massage  
Japanese Hot Stone Massage  
Reflexology

### Pricing:

45 minutes \$ 55

Five Sessions \$245

75 minutes \$ 85

Five Sessions \$365

90 minutes \$100

Five Sessions \$425

### Add-ons:

Hot Stone appt. \$ 35

You may have a maintenance plan for your car, how about a maintenance plan for your body?

### Living Body Club:

When you join The Living Body Club you will receive your first session at no charge.

Members of the club are entitled to one prepaid 75 minute session per month, as well as the right to purchase additional sessions at the member price of \$63 each. If you can't redeem your session, it can roll over to the next month. The cost of membership is paid through Direct Debit: \$63/month



"Feel Good for Life"

Bodywork-Based Holistic Health Care

925-360-1764

生体スタジオ

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The Living Body Studio provides bodywork-based holistic healthcare to help people overcome joint pain and stress-related muscular stiffness and increase their flexibility and strength, to restore their vitality and wellbeing. We begin by doing a Postural Evaluation and Chinese medicine assessment, which allows us to custom tailor the type of care needed.

### Asian Floor Massage (Shiatsu)

Shiatsu is a form of bodywork that comes from Japan, but is based on principles of Chinese medicine developed over 5,000 years ago. A session of Shiatsu involves stretching of the classic Chinese meridians that run through the body and rotation of the joints as well as finger and hand pressure to Acupressure points on the body. Our Asian Floor Massage also includes techniques borrowed from Thai Yoga Massage.

### Oil Massage

Our style of oil massage integrates techniques from different styles of bodywork; Swedish/ Esalen Massage, Shiatsu and Reflexology. Using long flowing strokes, that are inspired by the ocean, we lull the client into a profound state of relaxation. With the movement and stretches of Shiatsu we reduce chronic muscle tension and with our attention to the Acupressure Points of Chinese Medicine we balance and unblock the Qi (Chi).

### Deep Tissue Massage

Deep tissue massage is very similar to oil massage, with more attention being paid to specific muscles and using a bit more pressure within the client's comfort level.

### Japanese Hot Stone Massage

Smooth basalt stones, that were collected and hand picked from a beach in La Paz, Mexico, are heated in warm water, coated in oil, and then used to massage your body. Warm stones are placed in a pattern to warm and relax tight muscles, which reduces muscle tension with less pressure than a deep tissue massage. Special attention is placed on Chinese Acupressure points.

### Reflexology

Reflexology is based on the premise that there are zones and reflex areas in the feet which correspond to all glands, organs and systems of the body. Pressure is applied using thumb, finger and hand techniques to the reflex areas resulting in reduction of stress and promoting physiological changes in the body. This is a great type of bodywork for first timers.

### Massage Etiquette

- Please advise us of any health conditions that might be affected by a massage.
- Please let us know if you experience any discomfort related to pressure, stretching, or temperature during the session.
- You will be given complete privacy to undress and dress if necessary, prior to and after the massage.

You will be appropriately draped during the session to protect your privacy. It is customary to undress completely for a massage, but optionally undergarments may be left on to ensure comfort and privacy. Please advise us if you have any discomfort related to boundaries or modesty. Asian Floor Massage and Reflexology are normally performed with the client wearing loose, comfortable clothing.

These techniques are not intended to replace conventional medical treatment nor to treat or diagnose any specific medical disorder. Nothing stated here should be used to modify any existing medical treatment without first discussing it with your doctor.

“Feel Good for Life”

THE LIVING BODY  
STUDIO

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