



Bodywork-Based Holistic Health Care

"Feel Good for Life"

The Living Body Studio provides bodywork-based holistic health care 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.

We offer the following therapeutic bodywork:

- Reflexology
- Asian Floor Massage (Shiatsu)
- Swedish/Deep Tissue Massage
- Japanese Hot Stone Massage
- Reiki
- Wellness Counseling
- Yoga
- Yoga Therapy
- Stress Relieving Stretching
- Breath Education

Pricing: Pay for Individual Treatments, Combination Packages or Join our Living Body Club for discounted treatments.

If you, or anyone you know, experiences joint pain or muscular stiffness and is seeking relief, please give us a call to arrange an appointment today.

**Redeem this flyer for a \$25 discount
on a 75 minute session.**
(new clients only)

Call or Email for our free brochure
926-360-1764
contact@livingbodystudio.com
www.livingbodystudio.com



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