

Harmony Integrative Bodywork Services

Barnes Myofascial Release

Gentle application of sustained pressure into fascial (connective tissue) restrictions to help alleviate chronic issues

Integrative Bodywork

Intuitively blending myofascial release, soft tissue work, and energywork for an integrated session

Abdominal Massage

Combining myofascial release, massage, energywork, and breathwork to focus on abdominal functions

Abdominal Therapy (based on Arvigo® Techniques) - helps to restore the body to its natural balance by correcting the position of organs that have shifted and restrict the flow of blood, lymph, nerve and chi energy

Harmony Integrative Bodywork

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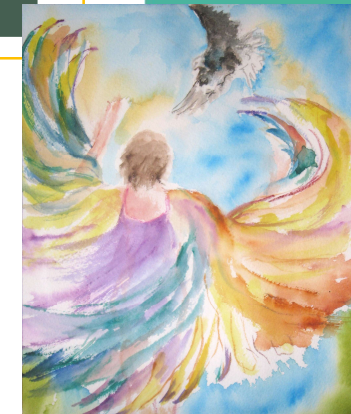
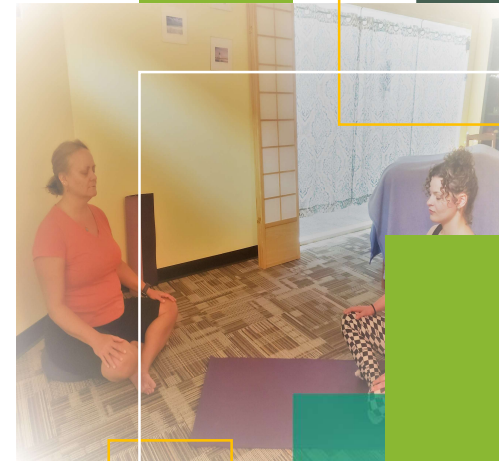
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Text or call 978-771-0377 for an appointment



Harmony Integrative Bodywork



Integrative Bodywork

Different bodies need different bodywork, and your body is different from day to day! I pull from my experience in multiple modalities, including Barnes Myofascial Release, soft tissue massage, energy work including reiki and polarity, sports massage and reflexology, to create a tailored session depending on what your body needs that day.

45, 60, 75 or 90 minute appointments

Barnes Myofascial Release

Our session will find areas of chronic restriction and holding patterns, and coax them to release at the fascial (connective tissue) level, thereby relieving the tensile pressures of approximately 2000 pounds per square inch caused by these restrictions. This tensile pressure acts like a “straightjacket” on muscles, nerves, blood vessels and bones, producing the symptoms of pain, headaches, and restrictions of motion.

Since the fascia covers every part of our body, including muscles, bones, organs, and even cells, having a restriction in one part of your body can pull on the rest of the body. This is why an old ankle injury can be pulling your hips out of alignment and making your neck hurt. Myofascial Release has been shown to have long-term benefits for chronic issues.

60, 75 or 90 minute appointments

Integrating Mind, Body, and Spirit through Bodywork and Breath

Abdominal Massage

Abdominal Therapy (based on Arvigo® Techniques): helps to restore the body to its natural balance by correcting the position of organs that have shifted and restrict the flow of blood, lymph, nerve and chi energy. *75-90 minute appointments*

Massage: Barnes myofascial release, soft tissue massage, energywork such as reiki, as well as breathwork (pranayama); helps restore abdominal health and release tension. *45 or 60 minute appointments*

Prices

All services are the same price:

- 45 minutes \$80
- 60 minutes \$100
- 75 minutes \$115
- 90 minutes \$125
- 2 hr Arvigo consult & session \$180

Package of 3 60-minute sessions: \$270 (\$30 savings)

Package of 3 75-minute sessions: \$315 (\$30 savings)

