

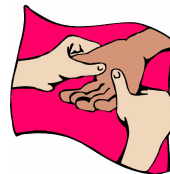
Private Lessons

Learn about the body's energy fields and rhythms, such as Chakras, Meridians, and Chi, and how to effectively use them to treat various conditions.

Learn the significance of brain wave entrainment, belief systems, and the fascial structure of the body. Topics include Western and Eastern based research on WHY energy works and how it can be used in specific situations.

Learn various techniques from acupuncture, polarity therapy, craniosacral therapy, and other energy based modalities to:

Assess for and treat subluxed ribs and vertebrae; to energetically relax ANY contracted muscle in the body; and to treat things such as Thoracic Outlet Syndrome, Whiplash, Sciatica, Frozen Shoulder, Acid Reflux, Headaches, Constipation, and Prolapsed Organs.



**Winning Hands Massage
Bodywork Services**

- **Integrated Energy Work**
- **Relaxation**
- **Treatment**
- **Acupressure Face Lifts**
- **Private Lessons**

- **Acupressure**
- **Polarity Therapy**
- **Craniosacral Therapy**
- **Lymphatic Drainage Therapy**
- **Myofascial Release**
- **Visceral Manipulation**
- **Chi Nei Tsang**
- **Reiki**
- **Swedish**
- **Acutonics**
- **Aromatherapy**
- **Therapeutic Touch**
- **Trigger Point Work**
- **Chakra Balancing**

Winning Hands Massage
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Nationally Certified—NCBTMB
Member—AMTA

Treatment Training Conditions:

Acid Reflux
 Bladder Prolapse
 Carpal Tunnel Syndrome
 Constipation
 Frozen Shoulder
 Golfer's Elbow (Medial Epicondylitis)
 Headaches —
 • Migraine
 • Sinus
 • Tension
 Piriformis Syndrome
 Plantar Fasciitis
 PSOAS
 Rotator Cuff Bursitis
 Rotator Cuff Tendonitis
 Sciatica—True and Pseudo
 Scoliosis
 Shin Splints
 Sprains/Strains
 Tennis Elbow (Lateral Epicondylitis)
 Thoracic Outlet Syndrome



RATES

TREATMENT SESSIONS	IN CALL	OUTCALL
1 hour minimum	\$75	\$150
Add \$25 for each additional half-hour		

PRIVATE LESSONS	INDIVIDUALS OR COUPLES
2 hours	\$200
3 hours	\$250
4 hours	\$300
Groups of 3 or more: individual/couples rate for first two plus \$50 for each additional person	

**Cash or Checks Only
 Credit Cards and Insurance
 Not Accepted**

Session Description

A typical session includes Craniosacral Therapy, Acupressure, Polarity Therapy, Therapeutic Touch, and Directed Energy. As warranted or suggested by the client's situation, elements of Lymphatic Drainage, Visceral Manipulation, Acutonics or other modalities will also be integrated in the session. Energy work is done with the client fully-clothed and generally supine on the table for the full session.

Sessions start with a brief health history and physical assessment. This includes postural analysis, looking for things such as leg rotation, elevation or depression of the shoulders, hip rotation, scoliotic curvatures of the spine, leg length differences, etc. It also includes discussion of the client's particular needs for that session.

A typical treatment routine starts by assessing the spine and rib cage for possible sublux issues. If detected, they are treated with Directed Energy. Forceful thrust adjustments are outside my scope of practice and are NEVER done.

This is followed by evaluating the cranial rhythm and doing craniosacral work as indicated. Focus then shifts to a combination of Acupressure, Polarity, and Directed Energy to evaluate and treat neck and shoulder problems such as whiplash, thoracic outlet syndrome, frozen shoulder, or rotator cuff tendonitis or bursitis. Work is then done on the arms, back and legs, with specific attention paid to sciatica, SI joint, piriformis, and contracted PSOAS issues.

Lymphatic Drainage is particularly helpful pre and post-surgery as the work helps cleanse toxins, allowing a cleaner incision and promoting faster healing with reduced scarring. It is also useful for reducing edema and treating Rosacea. Many cases of Acid Reflux can be successfully treated with Visceral Manipulation.