



**Mind/Body Massage** is a unique form of Yoga Therapy combined with Therapeutic Massage and Corrective Body Work. Traditional Yoga encompasses more than just physical exercise. A Mind/Body Therapist is certified in Yoga and has a license in Massage Therapy. Yoga as therapy may include

breathing techniques, guided relaxation, and learning how to meditate. These aspects of Yoga, combined with a massage and gentle stretches are chosen for you depending upon your goals. Feel fantastic while learning techniques that are helpful for dealing with both the physical and mental stresses of daily life. No prior experience required, just simply a desire to discover ones self.

**60 minutes \$80. 90 minutes \$120.**

**Meditation** Learn to meditate with a Certified Yoga Teacher. Enjoy a fully guided relaxation and meditation session in one of our massage therapy rooms. Meditation has had a positive effect on many health conditions and it has been proven to benefit the body both mentally and physically. For good health and peace of mind, one should meditate at least 15 min. every day.

**30 minutes \$35. 60 minutes \$70. 90 minutes \$108.**

**Personal Yoga Training** is a great way to enhance your life, increase energy, reduce stress and promote health and happiness. Personal Yoga Training is a one on one private class with a Certified Yoga Instructor in a massage therapy room. Whether it's your first time doing Yoga or you are looking to fine tune your current practice, private Yoga sessions are individually tailored to meet your needs. A Personal Yoga session gives you the advantage of having the teachers full attention, ask questions, and address any special needs or concerns.

**30 minutes \$35. 60 minutes \$70. 90 minutes \$108.**

Other **BODYWORKS** services

are listed in the main brochure and online

**Therapeutic Massage, Deep Tissue Massage, Pfrimmer Deep Muscle Therapy, Maternity Massage and Clothed Massage.**

[www.valhallahc.com](http://www.valhallahc.com)

# THE BodyWorks

Massage & Corrective Muscle Therapy

## Special Services



**The BodyWorks  
at Valhalla Health  
& Fitness Club**  
4970 DeMoss Road  
Reading (Exeter),  
PA, 19606  
**(610)779-6006**



**Fire Cupping Therapy** is an Asian form of bodywork that has been complimenting healing for over 2500 years. Using fire to create suction, specially made glass cups are placed on the body. Applied by an experienced and skilled LMT, this is a safe and effective form of deep tissue massage. Some of the many benefits include reduced inflammation, increased circulation, and removal of toxins. Cupping therapy is great for digestion, the lungs, boosts the immune system, improves colds and allergies. Cupping, combined with a massage, is relaxing and rejuvenating.

**30 minutes \$50.                      60 minutes \$85.                      90 minutes \$120.**

**On-site Chair** A specially designed piece of massage equipment allows you to remain seated comfortably while your head, arms, chest, and legs are supported. Chair Massage is great for promotions, parties, meetings, events, or for regular employee care. You can also schedule an appointment for a private 30 min. Chair Massage in a massage therapy room. **\$1 per min.**

**Pricing for all services, unless otherwise noted.**

**Intern is a Certified Massage Therapist**

**LMT is a Licensed Massage Therapist proficient in providing a wide variety of massage modalities & services.**

**Senior LMT has advanced knowledge & skill in the practice of massage & corrective bodywork. They provide all services for physician referrals.**

***We offer three levels of pricing to suit individual needs***

Level	1/2 hr.	1 hr.	1 1/2 hrs.	2 hrs.
<b>Intern</b> .....	\$30	\$55	\$80	n/a
<b>LMT</b> ,.....	\$35	\$65	\$95	\$130.
<b>Senior LMT</b> .....	\$40	\$75	\$110	\$150.

**For information on individual Therapists,  
visit the website or front desk**

**www.valhallahc.com**

**Reflexology** is a science based on the principle that there are reflex points in the hands and feet which directly correspond to specific organs, glands, and parts of the body. It relieves pain or discomfort in the hands and feet, reduces swelling, and is complimentary to all types of therapies. A therapist specially trained in reflexology will leave your hands and feet feeling fantastic. Helps one to heal quicker while rejuvenating the whole body.



**Reiki** is a gentle, subtle technique of channeling a powerful healing energy that unlocks the inner flow of vital energy within. Reiki restores, normalizes, balances, and aligns the energy centers, also known as chakras, in the body. This can be especially helpful during times of stress, transition, or transformation. While you remain fully clothed, the therapists hands are placed lightly on your body or a few inches above. Reiki supports healing on all levels and compliments all other therapies.

**Craniosacral therapy** (CST) is a gentle, somatic healing art that is used to facilitate the release of chronic and acute patterns of trauma and stress. Developed by Dr. Upledger, it is clinically proven to restore balance to the cerebrospinal fluid. When traumatized, whether mentally, physically or emotionally, this fluid will not flow freely. CST restores balance by releasing blockages and allowing the fluid to flow freely within the craniosacral system. Headaches, migraines, fibromyalgia, and many other conditions too painful for regular massage can benefit from sessions of CST.

**Manual Lymphatic Drainage** (MLD) is a type of very gentle massage which encourages the natural circulation of the lymph through the body. The Lymphatic organs play an important role in the immune system and the circulatory system. The lymph system relies on movement to propel lymph through the vessels to lymph nodes and ducts which return lymph to the cardiovascular system. Manual lymph drainage uses a specific amount of pressure, and rhythmic circular movements to stimulate lymph flow. The first session is 30 minutes, with 30 to 60 minute sessions thereafter. You can remain fully clothed during a treatment.