

Testimonials

"After receiving Acupressure Massage from Katy, my energy, circulation and feeling of well-being was immediately improved and resulted in an urge to return for more." M.B. Dorchester

"Katy has given me many Shiatsu treatments and each one has been wonderfully therapeutic and relaxing. It's more than a massage." S.D. Wimborne

"After practising Yoga with Katy, I noticed a change in my breathing for the better, my back felt stronger and I am able to sleep more soundly" V.C. Portland

ALSO AVAILABLE:

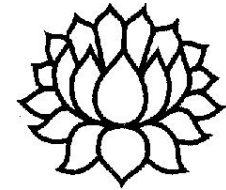
- Yoga for Back Care
- Yoga @ Work
- Acupressure @ Work
- 'Kidzone Yoga'
- Yoga Shop
- Home Visits
- Gift Vouchers

Acupressure, Shiatsu and Yoga can help treat the following conditions:

- Stress, tension and pain
- Back, neck and shoulder ache
- Headache and migraine
- Insomnia
- Hypertension
- Menstrual problems
- Heart disease
- Asthma and bronchitis
- Arthritis and rheumatism
- Addictions
- Sports injuries
- ... and more

DISCOUNT VOUCHER
If you are new to 'Mind-Body Maintenance' you can claim a free place at a Yoga class, or a discounted Therapy session with this voucher!

'Mind-Body Maintenance'



Practical Stress management Services

Acupressure
Shiatsu
Yoga

Katy Murrell dip. BWY AOSM PRTSI

01305 262253 / 07966 308154

katy@mind-bodymaintenance.co.uk
www.mind-bodymaintenance.co.uk

Seated Acupressure Massage

Based on a 1,500-year-old Japanese sequence, Seated Acupressure Massage works specifically on stress release points on the neck, shoulders, arms, hands and back.

No clothing is removed and the receiver relaxes into an ergonomically designed chair.

The treatment takes just twenty or thirty minutes and leaves the client feeling full of vitality and clarity of thought.

It can be given in the therapy room, in the office, or almost anywhere.



Shiatsu

Derived from the same background as Acupuncture, Shiatsu is a pain-free oriental healing Art form practiced on a supported padded floor.

In the East, it is understood that symptoms of ill health are preceded by an imbalance within the body's subtle energy pathways (meridians).

Stretching, pressure and holding techniques are used to activate total relaxation, balance and healing.

Clients generally report a sense of wholeness and a calm state of mind following treatment.

Loose, comfortable clothing is required.

Yoga

Yoga means 'union' of body, mind and spirit, including:

- Asana (posture/stretching)
- Synchronised breathing
- Postural awareness
- Deep relaxation, meditation

Stretching the spine creates strength and suppleness. Deep, full breathing helps to calm the mind and emotions.

Relaxation and meditation reduce stress and create a greater sense of well being. The practice is essentially non-competitive.

Yoga classes range from Beginners /Gentle/ Remedial Mixed Ability & Intermediate. One to One Yoga is also available.