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VALENTINE IDEAS FEBRUARY 2007 NEWSLETTER

Couples Massage Workshop

Feeling amorous? For those of you looking for a different gift idea this year, this is a great “me-you” gift that keeps on giving. It’s a wonderful way to break up the winter (blahs), and do something fun with your partner.



This workshop taught in my studio is a “one on two” course for *all* couples, pairs of friends, or siblings. One on two simply means that you are the only two participants being coached (not a classful of people), and that you will have my full and undivided attention. In the four hours we spend together, you will each have 2 hours to receive a massage from your partner, and 2 hours to give a massage to your partner. This workshop is mainly “hands-on” (of course!), where I will be demonstrating and explaining basic Swedish techniques, and coaching you while you practice them on your partner. Keep in mind that we will be working on a massage table, which is more ergonomically friendly on your body than massaging a person on a bed or the floor. I will also be giving you pointers and tips on various ways to use your hands, arms, and body weight.

The course is \$138.00 (or \$69.00/person), and a \$40.00 deposit is required beforehand to secure your booked spot (Visa & Mastercard accepted via phone).

~gift Certificates are available for all occasions~

Thai Yoga Massage

Thai massage is performed on the floor in loose and comfortable clothing. In receiving this invigorating massage, one is also receiving the benefits of the practice of yoga, and is sometimes described as “assisted Hatha yoga”. Incorporating martial arts, yoga poses, stretches and acupressure, you will be energized!

Hot Stone Massage

The power and energy of stone which comes from our planet earth has drawn people since the dawn of time. Combine the element of heated volcanic stones with the art of massage, and you have delicious and deeply relaxing therapy which soothes your physical, emotional, mental, and spiritual being.

Massage On The Mountain ... I would like to highlight a fascinating and exciting endeavor that a college friend of mine is embarking upon. Jonathan Alcombrack, RMT plans to go to Mount Everest this year to provide massage therapy services and teachings to the Sherpas. Jon currently has a sponsor with the radio station Live 88.5 and will be staging a massage-a-thon at Bayshore Shopping Centre (details to be announced). Additional sponsorship and donations are welcome, as he needs to raise about \$8,000.00. Check out his awesome website for more information: <http://web.mac.com/massageonthemountain/iWeb/Jon/Welcome.html>