

# WELLNESS FOR YOU

Bodywork by Kurtis Woodin

Certified Massage Therapist

**CREATING COMPREHENSIVE HEALTH AND AWARENESS**

## THE HEALING TOUCH OF MASSAGE

Relax with a massage in the privacy and comfort of your own home or office. You will receive the massage in a place where you are most comfortable and are able to relax the fastest and easiest.

Using a gentle, but firm touch Kurtis will help you increase your body's mind awareness by stimulating, invigorating, relaxing and releasing you, to help you to integrate yourself back into your whole being. Most importantly massage brings us into our bodies, back to where we actually are here and now. To come to this place and time through the vehicle of the body is a great gift that we often overlook.

Kurtis' massages find the balance between therapeutic Deep Tissue Sculpting and Swedish Circulatory style massage. Referred to as Deep Circulatory Massage (because the pressure is just right). This style allows you to accept therapeutic bodywork and still fully enjoy being relaxed. Kurtis has a natural ability for easing the stress from your muscles and mind with an eclectic mix of styles suited to your specific needs. It is Kurtis' intention to help restore you to balance.

## ADVANCED MASSAGE TRAINING IN

Deep Tissue Sculpting

Swedish/Circulatory

Neuromuscular Therapy (Paul St John Method)

Reflexology

Sports Massage

On-Site Chair Massage

Facilitating growth in health and well being on multiple levels starting for a strong foundation

**Bodywork should not be constructed as a substitute for medical examination, diagnosis, or treatment. You should see a medical specialist for any ailment that you are aware of.**

**Wellness For You License: MT02375**

**CALL FOR AN APPOINTMENT**

**760 - 638 - 1222**

[www.Wellness4You.com](http://www.Wellness4You.com)

E-mail: [KurtisWoodin@att.net](mailto:KurtisWoodin@att.net)