

soulcenter

MASSAGE BODYWORK

Soul Center Massage & Bodywork | 1155 Easton Road, Roslyn, PA 19001

Call: 215.789.5260 | Book Online: soulcenterbodywork.com

services

massage & bodywork

Deep Tissue: Deep tissue massage eases chronic muscle tension and pain caused by injury or overuse.

\$85.00 | 60 min. \$130.00 | 90 min.

Raindrop Therapy: Uses massage techniques and essential oils applied on the spinal column to bring structural and electrical alignment.

\$105.00 | 60 min.

Access Bars Consciousness: By touching points located on the head both a positive electric current and a negative magnetic field are accessed to create a space to release energy.

\$85.00 | 60 min.

Craniosacral: A very gentle, light, touch approach that releases tension in the Central Nervous System so that every other system in the body can relax, self correct and free itself of pain and discomfort.

\$85.00 | 60 min.

Rebirthing: Also know as "conscious, connected breathing", the client will first explore issues to overcome and learns how to consciously connect breath to gain acceptance, peace, and harmony.

\$150.00 | 90 - 120 min.

Reiki: Reiki treats the whole person, body, emotions, mind, and spirit, promoting relaxation, peace, security, and wellbeing. It has been effective in helping virtually every known illness, malady, and promotes recovery.

\$85.00 | 60 min.

Shirodhara: Shirodhara is a blissful treatment to the head where one can experience intense relaxation and tranquility, and can improve mental clarity and comprehension.

\$85.00 | 30 - 60 min.

Shiatsu Shin Tai: A form of bodywork that works with the meridian system, and includes elements of Craniosacral, Fascial, Structural, and Meningeal treatments that supports and strengthens an individual's ability to heal and harmonize the body.

\$90.00 | 75 min.

classes

group sessions

Yin and Restorative Yoga: Allows students to rest, restore, and be still using music, poems, mindfulness statements, breath-work, and essential oils to nurture students.

Wednesdays, 6:30pm

1 class \$16.00 | 10 classes \$135.00 | 60 min.

Vinyasa: A flowing style of yoga, where poses are linked together in various sequences with a strong focus on the breath, and on the connection between breath and movement. Builds strength and increases flexibility, leading to a more focused, calmer mind.

Saturdays, 9:30am

1 class \$16.00 | 10 classes \$135.00 | 60 min.

Recovery Yoga: Includes breathing techniques, stretches and poses, journaling, discussion, and psychoeducation. Poses are optional and modified to fit your physical expression of the moment. Recovery yoga is for anyone who is in a program of recovery such as 12 Step, SMART, SELF, and anonymity will be expected of all participants.

Donate what you can | 60 min.

Breathing: Conscious, connected breath sessions to gain acceptance, peace, and harmony. It allows the space for your body to digest life's experiences.

\$25.00 | 60 min.

Feldenkrais: Awareness Through Movement (ATM) is a remarkable approach to learn how one's most basic functions are organized and improved. Student's will attend to their whole self, eliminate unnecessary energy expenditure, and mobilize their intentions into actions.

\$25.00 | 60 min.

Do-In: Do-In is a Japanese form self meridian massage and exercise for physical and spiritual development. and will increase the functioning of your immune system, allow you to enjoy more energy and vitality, connect with greater mental clarity, and reduce aches and pains.

\$11.00 | 60 min.