

## Wellness Menu of Services

### MASSAGE

Relaxation (Swedish) Massage (30 Min/60 Min)	\$40/\$60
Relaxation with Spot Treatment	\$65
Therapeutic Massage (30 Min/60 Min)	\$40/\$70
Massage with Reiki	\$75
CranioSacral Therapy	\$75
Shiatsu (60 Min/90 Min)	\$75/\$105
Hot Stone or Thai Yoga Massage (60 Min/90 Min)	\$95/\$125
Couples Massage	\$150
Prenatal Massage	\$75
Add a 20 Min Massage to any service	\$30
Add a 15 Min Scalp Treatment to any service	\$20

### SPA TREATMENTS

Body Buff & Butter (35 min)	\$50
Body Scrub & Wrap (60 min)	\$90
Spa Hand or Foot Treatment (50 min)	\$65
Detoxifying Back Treatment (45 min)	\$60
Scalp Treatment	
Sinus Treatment	

### REFLEXOLOGY

Reflexology (Feet or Hands & Feet) 60 Minutes	\$65
Prenatal Reflexology	\$65
Add 30 Min of Reflexology to any appointment	\$30
Add a Foot Scrub to your Reflexology Session	\$30

### REIKI & ENERGY THERAPIES

Reiki (45-60 minutes)	\$65
Tibetan Bowl Therapy (60-75 minutes)	\$65
Chakra Balancing	\$65

<b>ACUPUNCTURE</b> (1 <sup>st</sup> Consult add \$25)	\$70
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<b>NUTRITIONAL COUNSELING</b> (\$50/hr)	\$150
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\*Please arrive early for consultation and paperwork.\*

**CANCELLATION POLICY:** Cancellations the day of an appointment will result in a charge of 1/2 the appointment rate.

### Packages and Memberships

<b>WELLNESS CLUB</b> (3 month min)	
One massage or acupuncture session + 10% off any additional service per month (auto debit).	\$50

<b>WELLNESS + YOGA CLUB</b> (3 month min)	
One massage or acupuncture session, unlimited yoga and 10% off any additional service or yoga related product per month (auto debit).	\$115

### MASSAGE & ACUPUNCTURE PACKAGES

Available in sessions of 4, 7, or 10 \$266/\$441/\$595  
 Packages are for Relaxation and Therapeutic Massages and Acupuncture sessions. Specialty Therapies do not apply.

### AFFORDABLE WELLNESS DAYS

1 <sup>st</sup> Sunday – Massage, Reflexology, & Nutrition	\$30 - \$100
3 <sup>rd</sup> Sunday - Acupuncture	\$30 - \$70



Many believe that there are 7 main factors that contribute to wellness. These are: living in a clean environment; eating organic food; regularly engaging in physical exercise; balance in career, family, and relationships; and spiritual development. In other words, wellness is a view of health that emphasizes the state of the entire being and its ongoing development.

Yoga Ananda supports that view, and now offers a variety of services to help you strive for health and well-being.

To find out more information about any of our wellness services, please call the studio at 904.680.7344 or visit the wellness page of our website [www.yogaanandastudio.com](http://www.yogaanandastudio.com).



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**Yoga Ananda**  
 Yoga & Wellness Center

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A Center for  
**Wellness**



**Yoga Ananda**  
 Yoga & Wellness Center

## Massage Therapy



Massage helps you relax while addressing pain caused by over-use, injury, or arthritis. We offer many modalities to meet your needs. The effects of massage are cumulative, and for best results we recommend a series of massages.

We also offer several specialty massages such as Thai Yoga Massage for a whole body stretch and therapy, Shiatsu for healing through acupressure, Hot Stone Massage to relax muscles using the warming comfort of hot stones, and Couples Massage! We offer Prenatal Massage, which aids the health of you and your baby, alleviates some of the discomforts of pregnancy, and promotes well-being. Finally, to connect the mind, body, and soul we also offer individual Meditation Counseling and Yoga Therapy.

## Specialty Therapies

Reflexology is a non-invasive touch therapy involving the application of pressure and manipulation to areas of the feet called reflexes, which relate to the structures, internal organs, and tissues of the body. As each zone of the foot is manipulated, a corresponding area of the body is relaxed, resulting in balance and rejuvenation.

Maternity Reflexology can help to keep expectant mothers relaxed and provide relief from symptoms such as morning sickness, insomnia, fatigue, backache, and heartburn. It is one of the safest, most supportive therapies for pregnant women and is calming for mind, body, and baby.

## Energy Therapies

Energy work is a term for modalities based on the idea that the body consists of energy fields that can be stimulated through various techniques to promote wellness. The concept of energy as a vital life force can be traced back to the oldest medical systems.



*Reiki* makes use of touch and visualization to access the universal life force and

restore health. Reiki is beneficial for things like head/stomach aches, bee stings, colds, flu, tension and anxiety, as well as illnesses like heart disease, cancer, leukemia, etc.

*Chakra Balancing.* Chakras are whirling, concentrated energy centers where body and consciousness meet. They connect us with our feelings and aid discovery of our higher self. Unbalanced chakras create physical, mental, emotional or physiological problems.



*Tibetan Bowl Therapy* involves the use of singing bowls as sound therapy. This allows us to feel relaxed, grounded, and at one with our true nature. Tension melts away as equilibrium and well being are restored.



## Spa Services

Yoga Ananda offers several indulgent spa services such as foot scrubs, scalp treatments, sinus treatments, and body wraps and scrubs.

Contact us today for a full list of services and pricing information.



## Nutritional Counseling

We offer unique nutritional counseling for individuals and families addressing 'energy' and lifestyle to create nutritional balance. Workshops, cooking classes and other specially requested services will also be offered at the center.

## Acupuncture & Herbal Medicine

Acupuncture is a holistic form of health care for treatment of pain and internal disease. Hair thin needles are used to balance the flow of life energy (Qi) in the body and stimulate self-healing. Health is determined by the quality and quantity of Qi flowing through the body. Herbal Formulas may be prescribed to nourish and support the body. Formulas are custom blended from our full Chinese Dispensary.

Acupuncture is recognized by the National Institute of Health and World Health Organization as effective in the treatment of medical problems including: Pain, Menopause, Hot Flashes, PMS, Fertility, Allergies, Digestive Problems, Addictions, Depression and Insomnia.