

MASSAGE & BODYWORK

Neuromuscular * Swedish * Deep-Tissue *
Myofascial * Cranial Sacral * Prenatal *
Hot-Stone * Sports * Four-Hands *
Couples Massage * Reflexology * Shiatsu *
Quantum touch * Bhakti
*Also offering combination of
Yoga/Meditation with Massage*

ENERGY

Reiki * Yoga * Meditation
*Yoga & Meditation offered in Group
sessions & classes*

SPIRIT

Intuitive Readings * Channeling * Tarot
*Handwriting Analysis * Pet Readings *
Astrology * Palmistry

RETAIL

Teas * Organic Skincare * Oils * Candles *
Incense * Herbs * Crystals * Gems &
Stones * Tapestries * Jewelry * New &
Used Books * Artwork

See our website for our calendar
of events, workshops, seminars
and group classes

Center of **SYMMETRY**

Holistic Healing for Mind, Body and Spirit

212 Louise Ave.
Nashville, TN 37203
615-321-4040
www.centerofsymmetry.com
Open Monday-Saturday 10am-8pm
Sunday 12pm-6pm

For news, updates & specials

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Focusing on local producers of
organic teas, skin care, jewelry
and artwork

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MASSAGE & BODYWORK

Sessions are booked in 30min (\$40), 45min (\$55) 60min (\$70), 90min (\$110) or 120min (\$130) increments.

👉 **Neuro-Muscular / Pressure Point / Sports -**

Therapists will locate & deactivate these trigger points by using finger pressure.

👉 **Swedish Massage** - Swedish massage increases the oxygen flow in the blood & release toxins from the muscles. Reduces recovery time from muscular strain by flushing tissues of acids & other metabolic wastes. Increases circulation, stretches ligaments & tendons keeping them supple & pliable. Stimulates the skin & nervous system & soothes the nerves themselves at the same time.

👉 **Deep-Tissue** - Aimed at the deeper tissue structures of the muscle & fascia, also called connective tissue. This technique uses many of the same movements & techniques as Swedish massage, but the pressure will generally be greater.

👉 **Myofascial** - Myofascial Release provides sustained pressure into myofascial restrictions to eliminate pain & restore motion.

👉 **Cranial Sacral & Cranial Pattern Release** - Gently working with the spine, skull & its cranial sutures, diaphragms, & fascia, the restrictions of nerve passages are eased, CSF through spinal cord optimized & misaligned bones are restored to their proper position. Ideal for those suffering from chronic pain.

👉 **Prenatal Massage** - Massage during pregnancy can aid in easier labor, is stress relieving, helps with swollen joints & lower back pain.

👉 **Hot-Stone Massage** - The heat of the stones helps

muscles release more quickly allowing for a deeply soothing & relaxing form of massage.

👉 **Yoga or Meditation with Massage** - A 90 minute session comprised of 45 minutes Yoga/Meditation & a 45 minute massage. This combination provides optimal clearing & balance.

👉 **Reflexology (Feet)** - Pressure applied through massage to the feet & hands. Stimulates & balances the organs, muscles, & joints, while detoxing the lymphatic system. Especially good for plantar fasciitis, allergies, immune system, headaches, etc. 20min/\$25

👉 **Acupressure Balancing & Drainage** - Balances Chi/Qi/Ki using light touch on specific meridian points. Helpful in alleviating chronic headaches, nausea, allergies, & neuropathy.

👉 **Bhakti Massage** - Style of massage from India that uses deep, slow, flowing massage strokes that soothe & relax the muscles & nerves sending the receiver on a 'cosmic journey' as they release stress & drift away. This massage is great for healing injured, stressed & overworked muscles.

👉 **Lymphatic Drainage Massage** - Rhythmic, light touch strokes manually turn on & pump the lymphatic system, strengthening the immune system. This technique can alleviate chronic fatigue syndrome, and is a great way to detox the body from normal use.

👉 **Polarity Therapy** - Balances the subtle energies of the body using light pressure. Good for mental imbalances.

👉 **Quantum Touch** - Light touch therapy that assists with joints.

👉 **Somatic Respiratory Integration** - Uses the breath, muscles, & mind to release patterns within. Works well to treat asthma, anxiety, headaches, migraines, neck pain, joint & injury pain.

👉 **Shiatsu** - Japanese massage technique, vigorous & stimulating

👉 **Chakra Balancing** - Refocusing and aligning the chakra energies through like vibrations and a myriad of techniques including singing bowls, crystals and pendulums.

Also ask about our Thai Massage

ENERGY

🌀 **Reiki** – Accessing life force energy, reduces stress & promotes relaxation that heals. 60 min (\$60)

🌀 **Guided Meditation*** - Meditation taps into the state of consciousness between awake & asleep. Meditation refreshes you & can bring about positive changes, both in your body & your spirit. 60 min (\$60)

🌀 **Yoga*** - Yoga is physical & mental disciplines originating in India. Physical benefits, flexibility, strengthen muscle tone, pain prevention, better breathing. mental benefits, mental calmness, stress reduction, body awareness. 60 min (\$60)

**Group sessions & weekly classes available!!*

SPIRIT

✨ **Intuitive Readings (Astrology, Tarot, Palmistry, Chakra, Pet Readings, Handwriting Analysis)** An intuitive reading can help you find your true work, have communication with pets, develop & confirm your own intuition, shed light on health concerns, & help bring health & balance to your relationships. \$2/min.

ALSO PLEASE SEE OUR CALENDAR FOR CLASSES, EVENTS, WORKSHOPS, REIKI SHARE'S, GROUP MEDITATION & GROUP YOGA!!