

NYC sessions w/ Lara Narayani 2009



THERAPEUTIC MASSAGE

Traditional Deep Tissue Massage focuses on manipulating muscles, increasing circulation while benefiting all systems throughout the body. Addressing specific areas of tension, this treatment is good for anyone who just wants relief from pain or simply to relax.

INTUITIVE CLEARING MASSAGE

Breathe and receive a full body session, working on your energy systems wholistically. This session is good for releasing unwanted emotional and mental patterns in the energy field as well as releasing these patterns within the physical body.

MAMA's MASSAGE

The ancients massaged the expecting mother throughout pregnancy, during labor and after birth. With an intuitive awareness of pregnant women's needs, our therapist supports you by assisting in releasing tension, relaxing and rejuvenating during this sacred rite of passage.



ABHYANGHA

Ayurvedic Warm Oil Massage...Traditional Indian techniques include the use of warm organic herbal oils to nourish the skin and joints, supporting one in the experience of true detoxification on a cellular level, while rejuvenating the body with organic tri-doshic oils.



AYUR-YOGA

Learn individualized asana, pranayama, meditation mixed with traditional and modern teachings bringing you back to the true GURU-YOU! Private classes are available as ½ yoga-½ massage sessions in 2 hour segments or yoga alone in either 1 or 1 1/2 hr segments.



Fees

1 hour \$125
1 1/2 hour \$150
2 hour \$200



Please add \$25 for on-site w/table or chair

CONTACT

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