



Katy Ann Leadbetter
56 East State Street, Montpelier Vermont

ONE sliding fee scale for ALL services
pay what you can, get what you need
Lunchtime squeeze and yoga therapy starts at \$30.

75 minute session options

Massage

- swedish
- deep tissue
- barefoot massage
- yogassage
 - Done clothed on a floor mat using a combo of massage techniques, stretching (asana), yoga nidra, and pranayama.

Specialized Yoga (yoga therapy) designed for the individual, focusing on but not limited to:

- lifestyle and weight management
- pre and post surgery preparedness
- stress reduction
- create positive change (formerly YT for addictions)
- address physical discomforts and postural challenges.

Up to 30 minute extended session

- epsom salt foot soak and reflexology
- hot towels or hot rocks
- face massage with warm towels and hydrating oils
- Reiki
- guided breathing for balancing energy levels
- guided meditation (silent meditation is nice too)
- guided deep relaxation for body awareness
- recommended stretches, exercises, self massage techniques



BENEFITS OF EXTENDED SERVICES

epsom salt foot soak and reflexology

- Not actually a salt at all. Named after where it was originally found in natural springs, Epsom England.
- Rich in magnesium and sulfate, both are absorbed through skin
- Health benefits of replenishing the body's magnesium levels and sulfates include
 - Improved heart and circulatory health, reducing blood clots and lowering blood pressure.
 - Magnesium helps to improve muscle and nerve function, reduces inflammation and improves blood flow and oxygenation throughout the body.
 - Sulfates are necessary building blocks for healthy joints, skin and nervous tissue.
 - Helps to flush toxins from the body and helps build key protein molecules in the brain tissue and joints.

hot towel compression ~ It feels great!

- increases circulation by causing blood vessels to dilate which then aids in:
 - moving out waste
 - reducing inflammation
 - increasing oily substance drainage
 - bringing in natural healing substances
 - invigorating necessary chemical reactions
 - reduces muscular tension

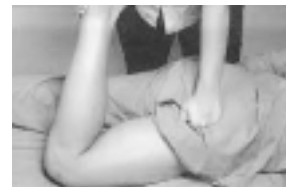


hot rocks

- warms muscles helping to reduce pain associated tension
- relaxes muscles aiding in deeper manipulation of tissue
- increases circulation which reduces fatigue by bringing more oxygen and removal toxins
- some find it helps to ease emotional stress and sooth mental tension
- helps to stimulating the immune system

face massage with warm towels and hydrating oils

- Improves circulation (brightens your skin)
- Reduces stress in facial muscles (wrinkle reducer)
- Increase skin elasticity (wrinkle reducer)
- Hydrates your skin (brightens your skin AND is a wrinkle reducer)
- Reduces stress in face there for the nervous system *as a whole*



Oodles of recommended stretches, exercises, self massage techniques



Reiki for some but not all is believed to:

- promotes health and wellbeing in general
- reiki speeds up recovery from surgery or long-term illness
- helps with pain management
- encourages mental clarity by releasing stress and tension
- relieves depression
- aids relaxation reducing anxiety which has many benefits Such as improves sleep, smoothes digestion, settles nervous system, etc
- heightens self-awareness and intuition
- offers support for substance abuse recovery



Guided breathing for balancing energy levels

- lower/stabilized blood pressure
- reduced anxiety and depression
- increased energy levels
- muscle relaxation
- Brings a sense of peace aiding in reduction of overwhelm and stress



Guided meditation (silent meditation is nice too) OR deep relaxation for body awareness

- Lowers high blood pressure
- Lowers the levels of blood lactate, reducing anxiety attacks
- Decreases tension-related pain, such as, tension headaches, ulcers, insomnia, muscle and joint problems
- Increases serotonin production that improves mood and behavior
- Improves the immune system
- Increases the energy level, as you gain an inner source of energy
- Anxiety decreases
- Emotional stability improves
- Creativity increases
- Happiness increases
- Intuition develops
- Gain clarity and peace of mind
- Problems become smaller
- Meditation sharpens the mind by increasing focus and expands through relaxation
- A sharp mind without expansion causes tension, anger and frustration
- An expanded consciousness without sharpness can lead to lack of action/progress
- The balance of a sharp mind and an expanded consciousness brings perfection



Meditation aids to brings the mind patterns into a calmed state. This promotes healing and helps the mind become more clear and focused. Meditation makes you more aware.

