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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



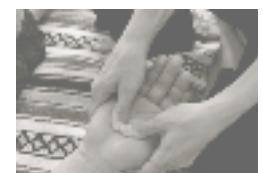
Guided breathing for balancing energy levels

- 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.

