

# HOMEBODIES MASSAGE

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**David** is a licensed massage therapist with 20+ years experience doing therapeutic massage on many different types of bodies. Deep tissue massage, sports massage, Shiatsu, and Functional Assessment with Postural re-integration and neuro-musculo re-coordination through simple basic yoga poses. This set of 10 beginner yoga classes teach YOU exactly which muscles of YOUR body are over-contracted or over-stretched. Muscles that are over-contracted or “too tight” fight the natural movement of the bones, while muscles that are over-stretched or “too weak” are useless and a danger to your joints. This work is something you will take with you for the rest of your life! Please, try your first beginner class free! If you are a fan of very deep, challenging and effective work, then please Call and make an appointment!

At David's Home (Upper West Side):

30 minutes for \$35.00.

60 minutes for \$60.00.

Your Home or

Paducah Yoga Center (7th & Broadway, Downtown Paducah):

30 minutes is \$40.00

60 minutes is \$70.00