



Massage Class

for health and well being

3 Tuesday Sessions Starting April 25, 2006

Join Carolyn O'Brien

Massage Therapist and Educator, Carolyn O'Brien will be leading a beginners class for people interested in massage techniques for health and well being.

Learn

We will cover application of essential oils along with 6 basic Swedish massage techniques to help you with everyday challenges. Working with a partner, you will learn massage for relaxation, muscle aches and pains, congestion, allergy & sinus problems and more.

Reserve Now by Calling 360-608-3161

Where and When

Alight Healing . 406 SE 131st Avenue . Suite 109 . Vancouver, WA
7-9pm - 4 sessions - April 25, May 2, May 9

Class includes a professional environment, all materials and oils - Please bring your own large pillow
\$99 per person - or bring your own massage partner for \$175 per couple



Reserve Early - Class Size Limited to the First 10 Registrants

www.AlightHealing.com