



Feel Good News

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The Extraordinary Power of Oliviatsu—Shiatsu with Olivia



Shiatsu takes you up to and beyond the limits of the human imagination. During a session, you are gifted with deep insights, visions, emotional breakthroughs, extraordinary energetic experiences and new levels of integration of body, mind and spirit. After a session, your body feels lighter and taller, more radiant and alive. You feel happier since shiatsu enhances your experience of the pleasure of being alive.

Shiatsu opens you up to new experiences by improving your dispositions. Oliviatsu helps reset the Type-A personality. Shiatsu takes the puffed-up personality and helps you establish a more grounded sense of self. Shiatsu can help heal the chronically broken heart through compassion, touch and the right timing. Shiatsu touch reminds you again and again that

Shiatsu Featured at Pamper Me Party

Dr. Akua Zenzele hosted a Pamper Me Party/Spa Day at the Inn at the Colonnade near Johns Hopkins University. Shiatsu with Olivia was provided for 20 minute sessions at \$1 per minute. In addition, there were herbal salt jacuzzi bath soaks, herbal facial masks, hair/scalp massages and guided meditation exercises. For more information call 410-435-9647.

Kim Ease, registered nurse and massage therapist provided manicures and pedicures. For more information, call 410-599-0156.

Shiatsu Helps Survivors of Auto Accidents

Survivors of automobile accidents are highly prone to developing post-traumatic stress disorder (PTSD), phobias and chronic pain. Indicators of PTSD are memories of the accident, irritability, inability to work, an avoidance of driving, accident-related injuries that do not heal, concentration and focus are impaired, and despair about life and a loss of joy.

Oliviatsu can help relieve these pain patterns trapped in the body. Shiatsu provides an opportunity for the body to release chemicals stored in the muscles, reorganize and allow the body's own chemicals (endorphins) to do the healing work. The slower pace of shiatsu allows survivors to discover the difference between the emotional memory of past trauma and current experience. Oliviatsu activates the


Meridian Stretch (Lung) (Exercise "A")

1. Stand with your legs slightly more than shoulder width apart and hold both hands behind your head with the fingers interlaced.
2. Draw your elbows back to open up your chest.
3. Turn to either side and twist your body as far as it will go as you inhale.
4. Hold the position of maximum twist as you exhale deeply.
4. Repeat this breathing and stretching about three times

Shiatsu Meets Mature Clients

The elderly client not only wants to look good and feel good physically, they want to know the person they entrust with their care. These clients are totally motivated to be as young as possible for as long as possible. They are bent on slowing down the aging process, without slowing down.

As we learn more about the mind-body connection and its relationship to stress and aging, we understand that negative attitudes, beliefs and expectations create stress and an imbalance in the immune system, causing the body to wear down prematurely. Shiatsu massage with Olivia offers ways to retard the aging process and keep your bodies fit and energized

 **Oliviatsu:** Shiatsu with Olivia, "Quality time well spent caring for your body, mind and spirit."

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**Received a free shiatsu session
when you host a shiatsu party!**

www.Oliviatsu.com