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Feel Good News

Newsletters:
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Olivatsu Combines Energy Work and Massage Therapy

Massage therapy and energy medicine are each aspects of the same healing vocation, and together they open the door to miracles. The nature of debilitating stress is that it separates us from who we really are. Physical symptoms like chronic pain and adrenal fatigue like not wanting to go to work or feeling they never have enough time for themselves are accepted as part of life. Olivatsu can treat the energy body along with the physical body to facilitate the reunification of the self with the spirit and thus offer core regeneration, the ultimate antidote to pain and fatigue. By its nature, bodywork is about immersion in sensation, but sensation has great intelligence and can also speak for itself. It is precisely this intelligence that creates a personal paradigm shift. Using multiple modalities is by itself conducive to stimulating somatic intelligence, because the body awakens when exposed to more than one language. This is what underlies and distinguishes integrative bodywork. Incorporating subtle practices into bodywork takes the weight and burden off the therapist. Joints and muscles are freed from strain. As the therapist is liberated from doing, she becomes a conduit of presence and awareness.



Awareness is freedom and freedom is the sign of health. Energy medicines are meditative. They call for concentration. In Olivatsu, the practitioner receives a treatment while

giving one. This is because the nature of the treatment insists that the therapist come out of doing and into being. The more relaxed the therapist, the more benefit to the client.

Meridian Stretch (Heart and Small Intestine)

1. Start by putting one foot on a sturdy chair, box or step.
2. Extend the other leg to the back and point the toe out to the side.
3. Put your hands on the raised knee and slowly sink your hips down to stretch the inner thigh.
4. Next hold the back of your head and raise the elbow as high as you can.
5. Extend the other arm straight out behind you.
6. After 3 deep breaths, do this same stretch with the other leg.



Healing Foods Broccoli:

The Stem is Where It's At

All vegetables from the cruciferous family contain a class of phytochemicals known as Indol-3-Carbinol or I3C for short. I3C changes the way estrogen is metabolized and is good for fighting against Estrogen-driven cancers. However, the I3C class of phytochemicals are potent "cancer-fighting" agents for ALL CANCERS. The stem of broccoli is white inside which indicates intense phytochemical content. For any type of cancer, broccoli is a must.

Bodywork Etiquette for Olivatsu

For relative newcomers to bodywork, the prospect of those first visits and their unknowns can be unnerving. Here are some basic bodywork etiquette guidelines to help you get the most out of your session.

Punctuality = Full Session

There's nothing worse than rushing into your Olivatsu appointment several minutes late. Not only is it nerve-racking, but it also eats into your valuable minutes. New clients are also asked to arrive 15 minutes early to fill out health history intake forms. Respect your therapist's time, call if you're going to be late, and understand that your session must end on time, regardless of when you arrived. Last-minute cancellations or missed appointments usually result in paying a percentage, or all, of the scheduled fee.

You're Human

The body can have a lot of responses to therapeutic bodywork. While avoiding food at least two hours before your bodywork will help, there's still the chance that you'll have tummy gurgles or even pass gas. It's okay.

Time to Wake Up

When your therapist ends the session and says, "Our session is over, Take your time getting up," they are reminding you to allow your body enough time to readjust, but please don't take a nap.

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Current Prices:

One Half Hour - \$50
One Hour - \$70
One Hour & 1/2 - \$90

Gift Certificates:

Special occasions

Coupons:

\$5, \$10, & \$15
www.oliviatsu.com

Discount packages:

3, 5, 7 & 10 sessions

Massage parties:

Special occasions

Outdoor Sessions:

One Hour - \$125
One Hour & 1/2 - \$150

