

Combination Therapeutic Healing Session



Qigong+Massage

Mary Cruise, Qigong & TaiChi Inst., Reiki Master *and* Jackie Noel, RN, LMT, Reiki Master

**90 minutes of therapeutic healing
that combines both qigong and massage
from two experts in their field.**

40 minutes of qigong with **Mary Cruise**, Qigong & Tai Chi Instructor
+ **50** minutes of therapeutic massage by **Jackie Noel**, RN, LMT
= 90 minutes of combined therapeutic healing

This unique combination combines the ancient Chinese practice of qigong, which is pronounced "chee gong" and therapeutic massage. Qigong is a holistic system of self-healing exercises and meditation, an ancient, evolving practice that includes healing postures, movement, self massage, breathing techniques and meditation. Qigong means working with the life energy to improve the health and harmony of mind and body. After the Qigong session, then you get to experience the expertise of a full body massage by Jackie. Jackie has a versatile background as a Registered Nurse, Licensed Massage Therapist, Reiki Master and Medical Intuitive.

Benefits of Qigong and Therapeutic Massage

- Physically relaxes the body
- Improves posture
- Improves balance
- Strengthens the immune system
- Strengthens the body
- Calms nervous system
- Lowers blood pressure
- Increases flexibility and range of motion
- Promotes deeper breathing

**For more information and to schedule a combination therapeutic healing session
contact Mary or Jackie.**

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