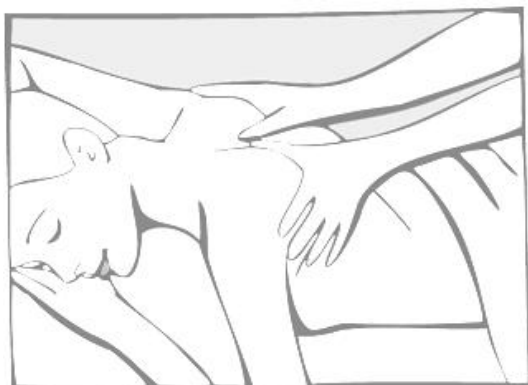


# **MASSAGE DAY**

## **SUNDAY 16 MARCH 2008**

**Give yourself a treat!**



We all used to think that massage was meant for a certain elite and that it was a luxury. Well, that has changed. We need to know the importance of keeping a healthy and balanced life, especially now, with the increased use of new technologies, where we need to be in front of a computer.

Our shoulders, neck, head, arms and hands are suffering to the point that sometimes we can hardly move. We store stress in our bodies and a good massage can help release tensions.

Please come and join us and learn more about the benefits of massage and indulge your body, mind and spirit with a massage treatment. There will be several massage therapists on hand :

Shiatsu, back massage, classic massage, energy balancing massage, reflexology, seated massage, cranio-sacral therapy, facial harmony

**Come and join us to experience a day of wellbeing!**

**Time : 10:00 - 16:00**

**Price: For the day 90.- CHF (registration needed)  
(Conference, buffet and test 3 types of massage of your choice :  
20 minutes each)**

**Registration : [daniele@lifemotivations.ch](mailto:daniele@lifemotivations.ch) or 022 774 33 48**



***Life Motivations***

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For directions visit our website.