

Greetings,

As a healing facilitator, it is an honor to provide you with complementary forms of healing techniques. You can count on my years of experience. Clients affirm that my services are as powerful as they are gentle. Their enthusiasm reflects my commitment to maintaining integrity, confidentiality and respect.

Advancing an individual 's health and well-being is my passion and joy.



JoAnn Swedock
Certified Bodywork Therapist

Healing Sessions

All healing sessions begin with a complimentary consultation to define your goals and to identify which treatments will be of optimal benefit to you. All sessions are fully clothed, with the option of a full body massage included in the 90 minute session.

Massage

Rubbing and kneading of muscles helps release chronic tension and pain. This helps injured muscles heal faster and enhances both a person's immune system and overall sense of well-being.

Energy Work

An ancient healing method designed to relieve acute emotional and physical conditions with the transfer of energy. Energy in the human body is literally "Life Force". Healing takes place when the body's energy flows freely, and blockages are eliminated. A light touch may be used to transfer energy or life force (chi or ki) through the body's meridians, a system of energy-transporting pathways (used in acupuncture). I am a certified Reiki Master.

CranioSacral Techniques

Light touch is used to detect and release restrictions. This therapy may strengthen the body's ability to provide healing to the central nervous system. The CranioSacral system extends from the cranium (skull and face bones) to the sacrum (tailbone). It includes the cerebrospinal fluid that surrounds the brain and spinal cord.

Reflexology

Use of the thumbs and fingers to stimulate nerve endings, which correspond to all parts of the body. Stimulating the appropriate region is intended to eliminate energy blockages thought to produce pain or disease in related areas. Reflexology is used to prevent, rather than cure, and is used to relieve a wide variety of ailments.

30 to 90 Minute In-Office Sessions \$35.00 to \$115.00

Please call (612) 963-5575 to schedule an appointment or to obtain additional information.

All treatments are intended to complement, rather than replace, traditional medical care.

All sessions are tax-exempt with a physician's referral.

Prices are effective May 1, 2004, and are subject to change.

Reiki classes, workshops, and speaking engagements are available.