

### Hot Stone Massage

Refer to Relaxation massage with the healing benefits of stones. Both warm and cold stones are used to assist in relaxation, increased circulation, decreased inflammation and generalized feelings of well being. For those on medications or with diabetes (neuropathy) it is important for the therapist to be made aware of this prior to treatment to assure a safe experience.

### Polarity Therapy

In a typical session, the practitioner assesses energetic attributes using palpation, observation and interview methods. Sessions usually take 60-90 minutes, do not require disrobing, and involve soft touch, some rocking as well as point specific touch. Energetic Touch is the work Polarity Practitioners perform with clients – verbal interaction is energetic communication which has to do with reading the energy in people’s words and staying neutral vs. engaging in the emotions of the patient and verbal interaction. Contact may be light, medium or firm. In the session, the practitioner supports the client in increasing self-awareness of subtle energetic sensations, which are often experienced as tingling, warmth, expansion or wavelike movement. The results of Polarity Therapy sessions vary, and may include profound relaxation, an understanding of energetic patterns and their implications, and relief from numerous specific problematic situations such as hypertension, anxiety attacks and breathing disorders.

### Reflexology

Reflexology is a holistic energy-based modality, working through the energies of the nervous, electrical, chemical and magnetic systems of the body. It utilizes manual techniques unique to the field of Reflexology. These techniques are applied to reflex maps resembling the human body, which are believed to exist on the feet and hands. It is different from foot massage, only footwear is removed. The three primary benefits of Reflexology are: 1. Promotes balance and normalization of the body naturally, 2. Reduces stress and brings about relaxation, and 3. Improves circulation and the delivery of oxygen and nutrients to the cells.

### Healing Drum

African drumming is an activity that facilitates relaxation, opens the heart, and allows the person experiencing it to let go of worries/feelings and come away with a sense of peace and well-being. During an individual drumming session, there is an opportunity to share your particular concerns with Jane, followed by Jane drumming for you while you sit or lie down in a relaxed meditative posture. If you would like a more active drumming experience, Jane will give you a drum and you can drum with her.

### Healing Touch

The Institute of Spiritual Healing and Aromatherapy offers a Certificate Program in Healing Ministry with the underlying scripture from Luke 9:2 "He sent them out to proclaim the kingdom of God and to heal." It is a "multi-level educational program that springs from the Christian tradition of the laying on of hands and anointing with oil modeled by Jesus as a major part of his ministry. This is an energy-based therapeutic approach to health and healing that includes the practice of many modern-day Christian healers. Built upon a philosophy of caring, it starts with the premise that we are conduits for the healing energies of God. Completion of the basic five courses can lead to a certificate of completion as a Healing Practitioner or go on and become an Advanced Healing Practitioner with two additional workshops and a mentorship program."

### Our Body Therapy Staff:

- Carrie Lynch: Relaxation Massage, Cranio Sacral Therapy, Hot Stone, Chair Massage, Reiki, RN
- Gerry Smeets Anson: Therapeutic Massage, Polarity,
- Jana Marie Whitten: Healing Touch
- Ricia Fleming: Relaxation, Deep Tissue, Cranio Sacral Therapy, Reiki
- Uli Kapp: Reflexology, Polarity
- Kim Adami: Muscular Therapy, Myofacial technique, compassionate touch.
- Jane Gossard: Healing Drum

# BODY THERAPIES AT ROLLING RIDGE



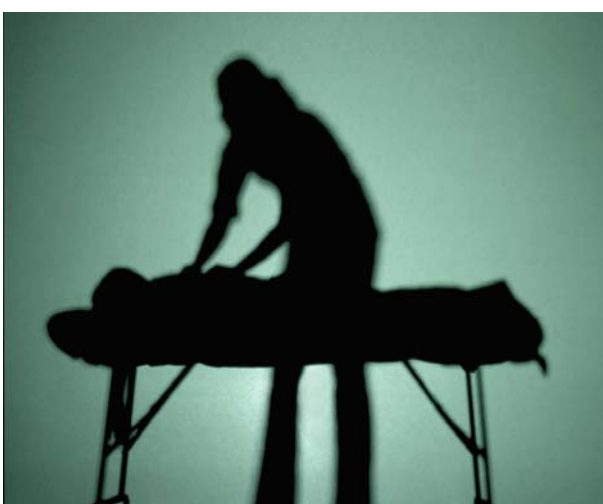
As a retreat center, our mission is to provide you with a place where you can attend to mind, body and spirit. Our classes and retreats provide opportunities to nourish the mind and the spirit, but sometimes it’s difficult to receive these gifts when our bodies are tense, wound up, and perhaps in pain. We offer our body therapies so that, if you wish, you can refresh yourself by experiencing the calming, grounding effect of skilled, compassionate touch.

Rolling Ridge works with licensed massage and body work practitioners. A private room is on site for massage and other body work. We contract with several Certified Massage Therapists and other Body Work providers to offer this service.



### RATES:

All therapies are \$70/hour unless otherwise specified. \*\* Denotes a 30 minute session is available for a fee of \$40.



### AVAILABLE THERAPIES:

#### Massage: Relaxation/Deep Tissue\*\*

A one-hour massage involves gentle kneading of back, neck, head, feet, legs, arms and hands. Client is always modestly covered.

#### Therapeutic Massage and Energy Alignment:

A 90 minute blending of energy therapies for well being. May include Reiki, Swedish Massage and Polarity Therapy. \$95

#### Cranio-sacral Therapy\*\*

A gentle holistic healing practice using light touch to enhance the function of the brain and spinal cord and the surrounding structures to provide balance and relaxation. This is a treatment given with the client fully clothed and without oils or lotions.

#### Reiki\*\*

A 60 minute hands-on healing technique to energize and balance body energy.

#### Healing Touch\*\*

A 60 minute prayerful laying on of hands for balancing and healing.

Additional Services offered:

#### Reflexology

Hot Stone Massage (90 minute) \$95 ( a 60 minute session is available for \$70)

#### Polarity Therapy\*\*

#### Chair Massage \*\*

#### Pre-Natal Massage\*\*

#### Healing Drum

All services are provided on an appointment only basis.

Groups who anticipate a large number of requests for massage or other body therapies should contact our Guest Services office to make arrangements prior to your arrival.

To schedule an appointment or for further information about the body therapy services we offer, please contact Carrie Lynch, Practitioner at 978-806-6090 or our office at 978-682-8815. Mastercard, Visa, Discover, or American Express Welcome.

Guests of Rolling Ridge staying overnight will receive a **10% discount** off all body therapies. Please see Guest Services for your discount coupon.

**Rolling Ridge**  
Retreat and Conference Center

**To schedule a Body Therapy session, please call Carrie Lynch, Practitioner, at 978-806-9060, or call our office at 978-682-8815.**