



# MASSAGE & THERAPIES

## Urja Inge Schmidlin, Kinesiologist and Shiatsu Therapy

Urja is trained in Shiatsu, Osho Neo Reiki (level I and II), and distinct types of holistic massage known as "Spirit Healing."

Shiatsu, also known as acupressure, is a finger pressure massage technique. Shiatsu massage therapy and acupuncture are founded on the Chinese meridian system. The therapist applies pressure with their thumbs, finger, and palms to specific areas of the client's body. Massage techniques like tapping, squeezing, rubbing, and applied pressure are applied along the meridians to unblock energy blockages and reintroduce the optimal flow of chi.

She combines Shiatsu with Reiki to create a special touch for each individual's needs, in terms of physical, emotional and spiritual balance.



## Dr. Joseph Jarosinski, Chiropractor

Dr Josef Jarosinski utilizes **SOT**, or **Sacro-Occipital Technique**, which is a chiropractic technique combined with the an osteopathic philosophy as its basis → that there exists a Primary Respiratory Mechanism (PRM), or Cranial-Sacral pump. **Benneffits:** Removes the compensational neurological reflex and tells the muscles around the vertebral joint to relax, increases blood circulation to the joint and surrounding muscles and tissues, Improves joint mobility and joint play required for a healthy joint. All of these result in a healthier vertebral joint and **better communication between mind/body** which accelerates healing and pain reduction, and returns the body to normal function and physiology.

## Mark McMonigal, CMT

Mark McMonigal, certified in massage therapy, trained at the Stanford Myofacial Institute / Sports Massage Institute of California. He specializes in Deep Tissue and Sports Massage. Deep tissue massage aims at the deeper tissue structures of the muscle and fascia, also called connective tissue. Deep tissue massage uses many of the same movements and techniques as Swedish massage, but the pressure will generally be more intense. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots. Especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness and sore shoulders, a good deep tissue massage can speed your recovery after a long hike in the Cañi or up the volcano.

## Katja Jakob, Quantum Touch

Quantum-Touch is an energy healing modality that applies the principles of resonance and entrainment to facilitate healing. Practitioners learn to focus and amplify life-force energy (known as "chi" in Chinese and "prana" in Sanskrit) by combining various breathing and body awareness exercises. When the practitioner resonates at a high frequency, the client often entrains to, or matches, the higher frequency, thereby facilitating healing using the body's biological intelligence. Life-force energy affects matter on the quantum, subatomic level and works its way up through atoms, molecules, cells, tissues, and structure.

## Tatiana Armijo, Reiki

Reiki does not just physically but is reflected in the emotional, spiritual and mental levels, returns to our whole being its natural state of balance giving a sense of well being and happiness. To do so requires no special places or certain materials, it is just to want to give and receive Reiki. Both the giving or receiving Reiki feel the effects of healing, this is perceived as a state of balance, alignment and balance. The states of equilibrium are due to the harmonization of the various energy centers (chakras), causing muscle relaxation, increased energy and vitality. Tatiana Armijo is on Reiki level III.

### MASSAGE PRICES

1 Hour	\$20.000	1 ½ Hour	\$25.000
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