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Awaken Your Body
Massage Therapy & Conscious Bodywork
Leaza Haydock, C.M.T.
(415) 233-2244

gift
certificates

Deep Tissue ~ Soft Tissue ~ Myofascial Release ~ Neuro Muscular Therapy ~ Energy Work ~ Prenatal ~ Reflexology
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Greetings & Happy 2010!

I truly hope you all enjoyed your holiday season and I wish you all the best for the New Year. I would like to encourage you to take some time to think about how you might like this year to be different. What would like to bring into your life this year? What would you like to let go of this year? Take a moment to think about it and maybe put it down on paper along with 2 or 3 actions you can take to make your dreams a reality!

Good luck!

Featured Referral:

Wyolah Garden, E.A.
Kreger & Garden
(415) 927-2100

"Wyolah did an amazing job on my taxes last year and is probably helping my business survive. I highly recommend her!" ~Leaza

Healthy Body, Mind & Spirit:

Valentines Day is around the corner and that is a great time to bring awareness to your Heart Health! I believe that your emotional and physical heart effect each other so I would suggest looking at how you can support both of them.

- 1) Schedule a routine checkup with your physician.
- 2) Try to eliminate 1 not-so-healthy item from your regular diet and substitute something healthier as well as adding 1 more serving of fresh fruits or vegetables each day.
- 3) Put an exercise schedule on your calendar, even if it's only 10-20 minutes a day 3 days a week. If you already exercise regularly, maybe this is a good time to change your routine.
- 4) Make sure you have some time for fun & relaxation! Giving yourself down time to recuperate + Fun plans with your favorite people = Balance! This will keep your emotional heart happy.

Me & My Practice:

As I said in my last newsletter, I am now incorporating **Neuro Muscular Reprogramming** into most sessions and I'm very excited about offering this modality! For more info please call me or visit my website. Clients who come in for relief from chronic aches & pains have experienced significant improvement from **NMR** in conjunction with other release techniques. I also continue to offer massage for relaxation and stress relief as well as the structural work.

I am currently focusing on putting together a gentle strengthening and stretching class to offer both clients and the general public and I will definitely keep you posted!

My practice has been steadily growing for the past 5 years and I am most grateful to all of you for your continued business and referrals. I sincerely love my clients and acknowledge the gratitude I feel on a regular basis. If you know of anyone who might benefit from the work I do I would be happy to answer any of their questions or book them a session. I would also appreciate referrals to other health practitioners who might be looking for a great massage therapist to refer to.

Featured Testimonial:

"While I often see Leaza for a "tune-up", my last visit found me with pain from my knee down my calf. Leaza worked on it and loosened up the nerves so I could walk easily and almost pain-free. She's very intuitive about sourcing my aches and pains!"

~ Jennifer L.

Gift Certificate Policy:

Gift certificates must be presented when being redeemed. If you wish to redeem an unused gift certificate that you previously purchased for another individual or would like to transfer it to another individual then you need to present that gift certificate or notify the recipient that it is no longer valid as it will be taken off the books.