

Personalized care for releasing patterns causing pain & tension ~ Creating more comfort & ease within the body

visa/mc
accepted



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

gift
certificates

Deep Tissue ~ Myofascial Release ~ NeuroMuscular Reprogramming ~ Energy Work ~ Prenatal
leazahaydockcmt@yahoo.com ~ 1004 Irwin Street, Suite A, San Rafael, Ca. 94901 ~ www.awakenyourbody.net

Summertime!

"And the livin' is easy"..... What would it take for you to create an "easy livin'" kind of summer for yourself? I know from my own experience and what I hear from other people is that "Time just goes so fast these days" and "Remember when we were kids and summer lasted forever?". So, slow it down. Look ahead in your schedule and plan accordingly so that your "to do" list, as well as your social calendar, can allow for down time. I believe that we get so busy sometimes that we don't really know how to just relax and enjoy our downtime. See if you can make it happen next weekend and notice if you feel a little more sense fun & freedom.

Featured Testimonial:

"I refer to Leaza as the 'one with magic hands'.....as a busy single working mom, I was given the gift of a visit to her by my wonderful boss...while on Leaza's table - this high energy, high stress gal actually...fell asleep! I have never been more relaxed...she is amazing!"
~ C. Puccini

Healthy Body, Mind & Spirit:

Summer usually means more *travel plans*. Here are a few tips to keep you healthy & happy.:

- ~ Whether flying or driving, try bringing support pillows or towels to support your back and/or neck while seated.
- ~ Make an effort to stand up, stretch and walk often, even just for a few minutes.
- ~ Remember to use your favorite immunity boosters before your trip and wash your hands often while travelling.
- ~ Stay grounded! Don't allow another person's bad mood, comments, experiences or energy take away from your own enjoyment and intention for your trip.

New Policy:

Occasionally clients need *statements* that show billing, payments and/or progress notes. As of *July 1st* there will be a *\$10 charge* for preparing these statements. Charge applies to each statement generated upon your request. This does not apply to any paperwork directly submitted for auto insurance claims by me as that charge is included in the amount billed for the claim.

Summer Specials:

Treat yourself or someone you love to one of these special offers:

#1 - Combo Package:

Includes:

- One 90 Minute Session with ME
AND
- One 90 Minute training Session With:
Dot Spaet, Fitness By Dot
BOTH for ONLY \$175
(\$215 value, expires 8/31/10, 1 per client)

#2 - Attend 3 classes with DOT SPAET

.....AND bring a friend for **FREE!**:

~ *Pilates*: Mondays 7:00-8:15,

Terra Linda Rec Center, 670 Del Ganado Way, San Rafael

~ *Core Conditioning*: Wednesdays 3:30-4:30,

Form Body Studio, 1000 5th Ave, San Rafael

~ *Yoga*: Thursdays 12:00-1:00,

750 Lindaro, Room 225, San Rafael

~ \$78 value ~ great chance to preview all 3 classes ~ see which class works for you ~ stay motivated & accountable by bringing a friend ~ visit Dot's website (below) for complete class schedule and TESTIMONIALS ~

Dot Spaet ~ Bio

Dot Spaet is a specialist on helping people look and feel their best through exercise and nutrition. Her passion is empowering people by teaching them what they need to know in order to become pain-free and get into fantastic shape. Dot holds Certifications in Personal Training, Yoga, Pilates, CORE Conditioning, Performance Nutrition, Stretching, and Weight Management, among others. Have more energy, get more done in a shorter period of time, sleep more effectively, get rid of aches and pains in the body and most importantly feel and look fabulous.

That is Dot's vision for YOU!

Featured Referral:

Fitness By Dot, Dot Spaet

(415) 892-6605

www.FitnessByDot.com

"Dot is an amazing trainer and back care specialist! She has a sensitivity that allows her to know what your limit is so that you can achieve fitness without injury." ~Leaza