



WELLSPAN

CENTER FOR MIND/BODY HEALTH & MORE

For the journey that is life.

Sept. through Dec. 2010

What is Thai massage?

Thai massage is believed to have been developed by Jivaka Kumar Bhaccha, physician to Buddha, more than 2,500 years ago in India. It made its way to Thailand, where the Ayurvedic techniques and principles gradually became influenced by traditional Chinese medicine. For centuries, Thai massage was performed by monks as one component of Thai medicine.

What does Thai massage feel like?

Thai massage is more energizing and rigorous than more classic forms of massage. Thai massage is also called Thai yoga massage, because the therapist uses her hands, knees, legs, and feet to move you into a series of yoga-like stretches. Many people say Thai massage is like doing yoga without any work. Muscle compression, joint mobilization, and acupressure are also used during treatment. People describe Thai massage as both relaxing and energizing.

What should I expect during my visit?

Thai massage is usually done on a padded mat on the floor. No oil is applied, so you are fully dressed. You are usually asked to bring or wear comfortable clothing to the massage. A typical Thai massage is 60 minutes to two hours long. For more information regarding Thai Massage and its possible benefits to you, please call (717) 851-5590 or email us at cmbh@wellspan.org

Movement Therapies Class Schedule

Returning students take 10% off your class!

T'ai Chi Chih - Joy through Movement

Mondays, Sept. 13 to Nov. 1 •
9 to 10 a.m. or 11 a.m. to noon
Mondays, Sept. 20 to Nov. 8 •
6 to 7:15 p.m.
Fridays, Sept. 24 to Nov. 12 • 6 to 7 p.m.
Mondays, Nov. 8 to Dec. 27 • 9 to 10
a.m. or 11 a.m. to noon

T'ai Chi Chih is a series of relaxing, gentle, slow movements designed to stimulate, circulate and balance the chi. Its general benefits may include tension and stress relief, reduction of joint and muscle pain including those with arthritic symptoms, weight control, an increase of energy and improvements in balance, flexibility and coordination.

Instructors: Barb Hines and Pat Flynn

Cost: \$85/8-week session

Location: Women and Parent Education
1101 South Edgar St. or
WellSpan Human Resources
Center, 1135 South Edgar St.

Registration is required; please call
851-5590.

WellSpan Center for Mind/Body Health

Class sizes are limited; reservations are accepted on a first-come, first-served basis. For a complete listing of free workshops, please see the Mind-Body-Spirit listings of the Health & Wellness Calendar. For information or to register for the classes in this section, please call the WellSpan Center for Mind/Body Health at 851-5590. Class registration/payment can be mailed to the Center for Mind/Body Health, 140 Pine Grove Commons, York, PA 17403.

Flow Yoga

Intermediate Yoga with Flow

Session I

Tuesdays, Sept. 14 to Nov. 2 •
5:30 to 6:30 p.m.

Instructor: Dawn Shue

Location: WellSpan Human Resources
Center, 1135 South Edgar St.

Cost: \$65/8-week session

Registration is required; please call
851-5590.

Session II

Intermediate yoga with flow
Tuesdays, Nov. 16 to Dec. 21 •
5:30 to 6:30 p.m.

Instructor: Dawn Shue

Location: WellSpan Human Resources
Center, 1135 South Edgar St.

Cost: \$65/8-week session

Registration is required; please call
851-5590.



Mind/Body Medicine Classes

Strategies for Healthy Family Eating

Tuesday, Sept. 28 • 6:30 to 8 p.m.

Concerned about your child's weight or your spouse's health? Attend this seminar to learn easy menu makeovers, tips for increasing nutrient dense foods, healthy snacks and beverage ideas, and how to handle meals outside the home.

Speaker: Dale Green, MS, RD, LDN

Location: Apple Hill Medical Center
25 Monument Rd.

Cost: \$15

Registration is required; please call 851-5590,

Stress Reduction For Life-Challenging Illness

Wednesday, Sept. 29 to Nov. 17 • 6:30 to 8:30 p.m.

Discover how to improve your health, strengthen your immune system and promote healing using relaxation techniques such as stress reduction, nutrition and movement.

Speaker: Edward Q. Rogers, MD
Center for Mind/Body Health

Location: WellSpan Office Center
45 Monument Rd.
(Apple Hill Health Campus)

Cost: Insurance may cover some or all of this 8-week program.

Registration is required; please call 851-5590.

Refund information:

- Cancellation more than one week prior to start of class: full refund
- Less than one week prior to start of class: full refund less \$15 processing fee
- After first class date: 75% of fee
- No refunds after second class date

Gift certificates

can be purchased at the

Center for Mind/Body Health
140 Pine Grove Commons
York, PA 17403.

Call 851-5590 for more information.

Learn Reiki Level I

Sunday, Sept. 26 • 9 a.m. to 4 p.m.

Reiki (ray-key) is a gentle touch therapy that anyone can learn for use on self and others. Reiki promotes relaxation and healing and can help with chronic illness systems and pain.

Instructor: Vanessa Bradley, Reiki Master, teacher and practitioner

Location: Center for Mind/Body Health
140 Pine Grove Commons

Cost: \$140

Registration is required; please call 851-5590.

Reiki Level II

Sunday, Oct. 24 • 9 a.m. to 3 p.m.

Take the next step on your Reiki journey! You'll learn three Reiki symbols and the distant healing technique, send and receive healing energy and learn practices to deepen your interaction with energy. Class manual and certificate provided. Prerequisite – Learn Reiki

Instructor: Vanessa Bradley, Reiki Master, teacher and practitioner

Location: Center for Mind/Body Health
140 Pine Grove Commons

Cost: \$210

Registration is required; please call 851-5590.

Usui Reiki Level III (two-day class)

Sundays, Dec. 5 & 12 • 9 a.m. to 2 p.m.

Complete your Usui Reiki training with the Usui the Reiki Master Teacher and Practitioner class. Students learn the master symbol, practice Reiki techniques, learn how to pass attunements and plan classes for each level. Class manual and certificate provided. Prerequisite Usui Reiki Level II

Instructor: Vanessa Bradley, Reiki Master, teacher and practitioner

Location: Center for Mind/Body Health
140 Pine Grove Commons

Cost: \$350

Registration is required; please call 851-5590.

Center for Mind/Body Services

Holistic Evaluations

Provider: Edward Q. Rogers, M.D.

Please call 851-5590 for an appointment.

Personal Nutrition Consultations and Counseling

Whether your goal is improving general nutrition, increasing energy, losing weight, increasing anti-aging agents or addressing specific health issues such as cancer or heart disease a registered dietitian can help you formulate a nutrition plan unique to your needs.

Provider: Dale Green, RD

Cost: Insurance may cover—check with your plan

Initial consultation \$75,
follow-up \$40 per ½ hr

Please call 851-5590 for an appointment.

Acupuncture and Chinese Medicine

Acupuncture is a form of traditional Asian medicine. It uses slender needles, which are inserted just beneath the skin's surface at specific points, depending on your symptoms. It is virtually painless, and is based on your body's flow of "chi" (natural energy). Acupuncture helps your body to stay in peak condition and maximizes your ability to heal and resist disease.

Providers: Hong Zhang, RAc

Cost: Initial evaluation and treatment \$125, follow-up \$70

Please call 851-5590 for an appointment.



Massage Therapy and Energy Work

Relaxation Massage

A style of massage that offers gentle techniques with the goal, or intention, of reducing stress and soothing muscular tension and promoting overall wellness.

Cost: ½ hr \$40, 45 minutes \$51,
1 hr \$70, 1 ½ hr \$95

Please call 851-5590 for an appointment.

Therapeutic Massage

Styles of massage that differ from relaxation by focusing on therapeutic goals such as releasing muscle spasms, strengthening or stretching specific muscles affected by an injury, and reducing pain. These more specific techniques can include trigger pointing and deep tissue work.

Cost: ½ hr \$45, 45 minutes \$56,
1 hr \$75, 1 ½ hr \$100

Please call 851-5590 for an appointment.

Massage Therapists:

Carrie Anderson, CMT; Vanessa Bradley, CMT; Jodie Blausen CMT; Moriah Cockley, CMT; Michelle Courbis, CMT; Laurel Diehl, CMT; Megan Delaney, CMT; Linda Giniewski, CMT; Terry Kelly, CMT; Karen Knuepfer, CMT; Becky Koltunovitch, CMT; Bill Maguire, LMT; Vicki Neely, CMT; John Rohrbaugh, CMT; Barbara Smeltzer, CMT; Beth Smith, CMT; Dhani Thomas, CMT; Shannon Waltman, LMT

Mindful Touch Therapy

Mindful Touch Therapy was originally created to be a safe and effective massage for individuals living with cancer, critical illness and other health circumstances where regular therapeutic massage may be contraindicated. Mindful Touch Therapy is a gentle yet effective treatment that helps to relieve stress, improve health, manage pain and restore balance.

Provider: Karen Knuepfer, CMT

Cost: 1 hr \$70, 1 ½ hr \$85

Please call 851-5590 for an appointment.

Reiki

Reiki is a Japanese system of stress reduction and relaxation, which facilitates healing on all levels. Guided relaxation, guided imagery and guided breath work are included in the sessions when appropriate.

Provider: Vanessa Bradley, Reiki Master, Jodie Blausen and Michelle Courbis, Reiki Practitioner

Cost: 1 hr \$70

Please call 851-5590 for an appointment.

Neuromuscular Therapy

This comprehensive program of soft-tissue manipulation balances the body's central nervous system with the musculoskeletal system. It is also used to locate and release spasms and hyper-contraction in the tissue, eliminate trigger points that cause pain, rebuild the strength of injured tissues, assist venous and lymphatic flow, and restore postural alignment, proper biomechanics, and flexibility to the tissues.

Provider: Bill Maguire, LMT

Cost: \$50 to \$100

Please call 851-5590 for an appointment.

Lavender Foot Scrub

Allow the benefits of lavender to help rejuvenate fatigued and over worked feet.

Provider: Michelle Courbis, CMT; Megan Delaney, CMT; and Becky Koltunovitch, CMT

Cost: 50-minute session \$70

Please call 851-5590 for an appointment.

Stone Massage

Enjoy relaxation at its deepest level as you allow these age-old elements to help release the stress of your muscles. The heat from the stones will help to melt the tension in your muscles as the cold stones help to increase circulation.

Provider: Jodie Blausen, CMT; Becky Koltunovitch, CMT; Karen Knuepfer, CMT;

Cost: 75-minute session \$85

Please call 851-5590 for an appointment.

Myo-Stone Release

Stress creates muscle tissue that mimics hard rubber in areas of the neck, shoulders, sciatica, arms/hands or legs. This procedure uses a hot stone and hand manipulation that gently combs the afflicted area, transforming a state of constriction into flexible, full range-of-motion muscle.

Provider: Barbara Smeltzer, CMT

Cost: ½ hr \$45, 45 minutes \$60,
1 hr \$80

Thai Massage

Thai massage is an energizing and rigorous form of massage. Thai massage is also called Thai yoga massage because the therapist uses her hands, knees, legs, and feet to move you into a series of yoga-like stretches. Muscle compression, joint mobilization, and acupressure are also used during treatment. Thai massage is done on a padded mat on the floor. No oil is applied and you are fully dressed. You will want to bring or wear comfortable clothing to the massage.

Provider: Jodie Blausen, CMT

Cost: ½ hr \$45, 45 minutes \$60, 1 hr \$80

