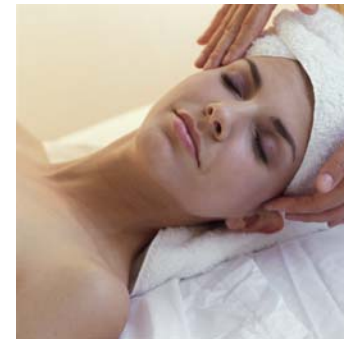


## *A Healing Space for Mind, Body & Spirit*

Located near the historic district in beautiful Williamsburg, Virginia, Anahata Yoga Center is your true sanctuary for health and wellness. We offer yoga, T'ai Chi, Belly Dance and massage therapy in a quiet and inviting studio that inspires relaxation, personal growth, creativity and a sense of community. *Anahata* (pronounced ah-na-HA-ta) refers to the heart chakra, a central vortex of energy that encourages us to transcend limited ego and make a deeper connection with highest self, family, friends, lovers and community. Our classes and workshops are challenging yet nurturing and restful. Our teachers and professionals are dedicated to tapping the innate potential of every person who shares their time with us. We sincerely believe that inspiring health and contentment in others moves us all closer to our highest potential and thus brings lasting peace to our local and global communities.

*Namaste*

## Anahata Yoga Center of Williamsburg



*Menu  
Of  
Massage Therapy  
Services*



# Menu of Massage Therapy Services

Whether you are looking for relief from pain or you want to feel pampered and relaxed, you'll find your heart's desires at Anahata Yoga Center! Our team of skilled, professional therapists will ease you into a state of blissful tranquility so you can reclaim your health and mental clarity. Your immune system will be stimulated and your body's natural healing responses will be strengthened. You'll experience the euphoria of increased circulation and peaceful liberation when endorphins, your body's natural painkillers, quiet your mind and encourage your body to repair itself. Athletes, people with injuries and those who suffer from arthritis and other chronic conditions will be especially impressed with the healing effects of massage. Treat yourself to the nurturance and pure pleasure of a revitalizing massage and start feeling healthier today!

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## Basic Bliss

A gentle yet deeply relaxing treatment using Swedish relaxation techniques to address the whole body. Relieves stress, tension and pain. Assists blood and lymph flow, stimulates the elimination of wastes and toxins and creates an overall sense of well-being. Promotes the abundant flow of *prana*, life energy, to inspire pure bliss. An excellent choice for your first massage. Add a taste of hot stones for \$15.

**60 minutes \$65**  
**90 minutes \$85**

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## Peaceful Radiance

Hot Stone massage is a variation on basic massage therapy. Smooth stones are gently heated and placed on key areas of your body then used to deeply massage your muscles. Radiating heat melts away tension and recharges your body systems. Perfect for knots and areas of chronic tension. A truly luxurious indulgence for your body and soul.

**60 minutes \$75**  
**90 minutes \$105**

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## Buddha Belly Prenatal

A specialized massage to relieve discomfort and reduce fluid retention. Recommended to relieve stress and prepare your mind and body for labor. Mothers in their second or third trimester only. Please tell us your due date when you make your appointment.

**60 minutes \$75**  
**90 minutes \$105**

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## True Enlightenment

A therapeutic deep tissue massage focusing on specific areas of tension or discomfort. Firm pressure draws out tension in the deeper muscle layers to ease your body into a more relaxed state. Experience the blissful pleasure of true enlightenment when you drop into *anandamaya kosa*, your divine bliss body. Excellent for athletes or those who need advanced bodywork. Add a taste of hot stones for \$15.

**60 minutes \$75**  
**90 minutes \$105**

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## In the Present Moment

An express version of our Basic Bliss massage for people who want to stay in the present moment but don't have a lot of time. Choose brief whole body or focus on head/neck/shoulders, feet/hands or targeted areas. Add a taste of hot stones for \$15.

**30 minutes \$35**

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## Peak Performance

Deep, therapeutic treatment for serious athletes who need concentrated pressure on specific parts of the body. Various massage techniques, including Swedish, deep tissue, active stretching and hot stones, are used to relieve stiff and sore muscles. Promotes increased circulation and muscle repair after a strenuous workout. Essential for peak performance and injury prevention.

**60 minutes \$85**  
**90 minutes \$115**