

2022 Women's UU Retreat

Massage, Acupuncture or Stretch Services

Mini Massage or Acupuncture with Jody James PSWIRL – Cabin 2

25-minute massage: \$50

55-minute acupuncture treatment: \$90

Schedule: Friday – Sunday appointments (email or see posted schedule at camp)

Cash, check, MasterCard or Visa accepted.

Bio: Jody James, Licensed Acupuncturist, operates Asyrah's Garden Acupuncture Spa in Sonoma County. She is an intuitive and compassionate practitioner who loves the integrity and healing power of Eastern holistic medicine. Jody's professional practice specializes in women's health, pain resolution, stress reduction, and quit smoking and includes herbal and energetic medicines.

Massage or Stretch with Cairyl Gardner Library – Cabin 2

Relaxing or Rejuvenating Full body Massage:

25-minutes: \$50

50-minutes: \$90

80-minutes: \$120

Fascial Stretch Therapy: This is a loose-clothes-on sequence of assisted, dynamic neuro-kinetic stretches that engage muscles, joints, ligaments, tendons, and bones body wide. Good for stubborn pain and limited range of motion issues. 50-minutes: \$120

Schedule: Fri. 1- 6 pm; Sat. 9 am - 8 pm; Sun. 9 am to 3 pm

Cash, check, MasterCard or Visa accepted.

BIO: Cairyl Gardner, Certified Massage Therapist, *Certified Fascial Stretch Specialist Level 3*, has been honing her craft since 2001, with training in many modalities including Swedish, Shiatsu, Neuromuscular Therapy, and Advanced Therapeutics. She loves what she does and has been told that it comes across in her touch. Cairyl works alongside Jody at Asyrah's Garden in Sebastopol, CA.

Reserve your massage, stretch, or acupuncture appointment prior to Thursday, April 28th and choose your preferred time(s). Email Jody and Cairyl at gratonial@gmail.com to make an appointment. Indulge yourself! You deserve it!