



We offer the following Whole Body Therapy services:

Bowen Therapy

Stimulate the body to reset, recharge, and heal itself.

GYROTONIC

A unique movement practice with roots in Yoga, Tai Chi, and dance.

Therapeutic Yoga

Rejuvenating therapy for increasing strength, mobility, and balance.

MELT Method

Myofascial Energetic Length Technique, or MELT, is an effective self-care method of maintaining the health of your fascia.

Acupuncture

What is it? And how does it work?
Acupuncture can be used to alleviate pain a...

Tensegrity™ Therapy

Whole body balance. Find out how Tensegrity™ Therapy can help you.

Acutonics® Healing

An energy-based, non-invasive treatment, to help reach balance and wellness.