

FOR IMMEDIATE RELEASE

Lisa Jansen Offers Innovative Touch Therapy For Stress Relief at Introductory Price

ARROYO GRANDE, CA (January 30, 2008) – Lisa Jansen, certified Cranio Sacral Therapist, brings deep relief from stress, migraines, back aches and other ailments with a light- as-a-feather touch through Cranio Sacral Therapeutic Bodywork. Central Coast residents can experience an introductory one-hour session with Jansen for \$55 (normally \$85) good through April 2009 (new clients only).

“With the pressures upon us these days, we all need to take time to care for ourselves, and Cranio Sacral Therapy is one of the most nurturing gifts that we can give to our body, mind and spirit, offering both immediate and long-lasting health benefits,” said Jansen.

Through Cranial Sacral Therapy, Jansen can help release restrictions in the cranio sacral system, an area which surrounds the brain and spinal cord and is responsible for many of the body’s functions. This light-touch therapy improves the central nervous system, relieves stress and strengthens resistance to disease.

According to Jansen, she works with everyone from children to seniors, and treats everything from autism to TMJ to migraines with a nurturing, soothing touch and a gentle cradling of the head and sacrum (lower back).

“Most of my clients find the treatment so relaxing that they may even drift into a light sleep during the session,” she explained, “however, they usually ‘wake up’ feeling refreshed, and many times the symptoms they came in with are greatly reduced or relieved after just one session.”

For those who are modest in nature, unlike traditional massage therapy the client remains fully clothed during the session, which is 60, 75 or 90 minutes in length. The recipient lies down on a warmed massage table in a comfortable and private room with low lights and soothing background music.

With extensive knowledge and experience in Yoga Therapy and Thai Massage, Jansen also practices other energy healing modalities and blends these therapies as appropriate to restore balance for her clients.

Jansen is a member of Upledger’s International Association of Healthcare Practitioners (IAHP), an organization of professionals dedicated to the use and study of innovative healthcare therapies. Find out more about Cranial Sacral Therapy and its benefits by visiting the Upledger website, www.iahp.com.

Lisa sees clients at her Arroyo Grande office, located at Central Coast Yoga on Halcyon and Grand Avenues. To schedule an appointment with Jansen or for more information please call (805) 709-6437 or email her at innerchi108@gmail.com.