

**FOR IMMEDIATE RELEASE**

## **Lisa Jansen, Yoga and Cranio Sacral Therapist Relocates to Therapeutic Body Center in Grover Beach**

GROVER BEACH, CA (July 31, 2008) – Lisa Jansen, certified Cranio Sacral Therapist and yoga instructor, relocates her private body therapy practice to The Therapeutic Body Center in Grover Beach as of August 3. The holistic healing center is located at 1410 West Grand Avenue.

Jansen has been teaching yoga and offering private therapeutic sessions on the Central Coast since 1998. A typical session includes a blend of Yoga Therapy, Thai Stretching and Cranio Sacral Therapy, which offers healing for mind and body. According to Jansen, these ancient healing modalities successfully treat back and neck pain, migraines, TMJ, anxiety, depression, sciatica, stress, sleep disorders and Autism, among other imbalances.



“With the pressures upon us these days, we all need to pause and care for ourselves - A treatment that combines these therapies is one of the most nurturing gifts that you can give to your body, mind and spirit, offering both immediate and long-lasting health benefits,” explained Jansen.

Unlike traditional massage therapy, the client remains fully clothed during a session with her, which is 60, 75 or 90 minutes in length.

Jansen is available for appointments from Monday through Friday between 9 a.m. and 6 p.m. For more information or to schedule a session, contact her at (805) 709-6437 or email [innerchi108@gmail.com](mailto:innerchi108@gmail.com).

She also teaches group yoga classes at Central Coast Yoga in Arroyo Grande on Tuesday through Friday. Find out more about her yoga classes at [www.centralcoastyoga.com](http://www.centralcoastyoga.com).

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.