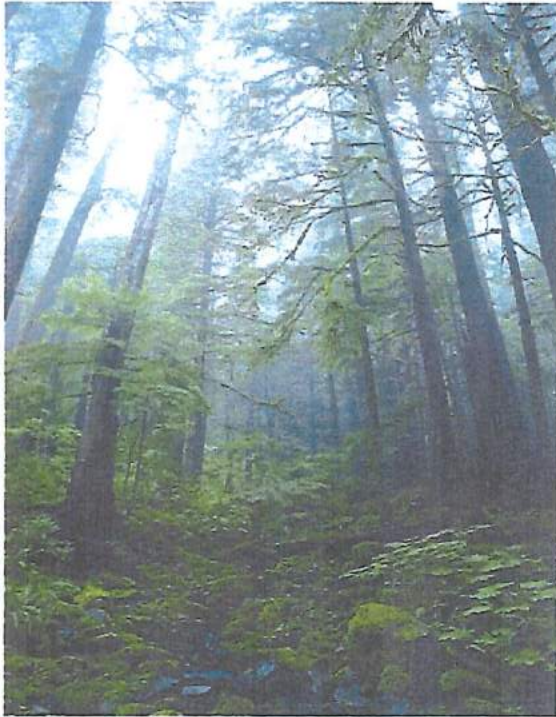


Massage Therapy at Capuchin Retreat Center



Judy Hendershott, LMT
Ann Schornak, LMT
Shelley Larke, LMT
Tiffany Geskey, LMT
Klodjana Uka, CMT
Kristi Vargo, LMT
Moonbeam Massage, LLC

Why Massage?

Your retreat gives you the opportunity to step away from the routine of everyday life and renew your connection to God. Massage is a gentle, non-invasive method for enhancing relaxation of the body, stillness of the mind, healing and renewal of your energy. Massage cares for your body without judging. It can help you accept yourself just as you are. Taking care of our physical body is a way of being grateful for the wonderful gift of life from God.

Massage is a useful tool to becoming more centered, to focus on the present moment and to appreciate this moment in time.

Physical Benefits

- *Relaxation
- *Improved Circulation
- *Relieves Muscular Tension
- *Promotes Well-Nourished & Healthy Skin
- *Improved Lymph Circulation
- *Improves Energy Flow
- *Improves Joint Mobility
- *Speeds Recovery from Physical Exertion
- *Reduces Anxiety
- *Enhances Tissue Elasticity
- *Improves Immune System Functioning
- *Restores a Calm Mind and Feeling of Well Being
- *Improves Delivery of Oxygen to Cells



We invite you to sign up for a massage experience at your retreat. Sign up can either be @ orientation or at the front desk of the retreat center. If there is no schedule available, please call us to arrange a special time for your massage. The massage room is located on the lower level, just right of the elevator. The 2nd massage room is at the end of the main hallway near the kitchen.

Cost per One Hour Session: \$65

We donate \$5 for every massage given directly to the Capuchin Retreat.

We accept Cash, Checks, Visa, MasterCard and Discover Card.

Discounts given @ Sister's Retreats

To provide an opportunity through the use of massage and bodywork techniques, for an individual to experience deep relaxation and calm. To provide another means of caring for the health of the Body, Mind, and Spirit within a trusting, caring and respectful atmosphere.



Judy Hendershott, LMT

248-933-6534

Ann Schornak, LMT

248-909-9039

Tiffany Geskey, LMT

248-990-6208

Klodjana Uka, CMT

Shelley Larke, LMT

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Judy owns and operates
Moonbeam Massage, LLC,

located in Clarkston, MI
where the therapists see clients
by appointment only.

www.moonbeam-massage.com

They will utilize a variety of
specialized techniques to
personalize your massage experience.

Whether you have a chronic condition you want
to treat or stress and
tension to remove, you will be glad you
scheduled an appointment.



Please arrive for your appointment on time. Your Therapist will ask you if you have any health concerns and if you would like any specific area worked on. You will sign a 'massage consent' form.

Please communicate with your Therapist if you have any concerns or if any part of the massage is uncomfortable.

