

Imani Oil Massage Reiki Chakra penduling & Kundalini Yoga

with
Judy Merritt



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Judy Merritt graduated in 1986 from the International School of Massage Therapy, San Francisco, California. She was trained in eclectic massage, which embraces a blend of techniques that touch the body, mind & spirit.

Most recently, she completed her Reiki Master Level training with Jeanne Troge and has been studying and practicing Kundalini yoga daily as a teacher/trainer for the past year and a half.

Imani Essentials Oils

Imani is an ancient African word meaning Faith. The belief that natural remedies can often affect a more harmonious and lasting cure by assisting the body to heal itself.

Imani Essential Oils are wildcrafted or organically cultivated for therapeutic use. Only a small percentage estimated at less than 5% of worldwide essential oil production is of this highest quality.

Judy is available during the Crow Wing Healer's Retreat in Cabin #1.

Type of Session	Length of Time	Cost
<i>Imani Essential Oils are used in all of the massage techniques.</i>		
Reiki & Imani Oil Massage - Balancing, detoxifying and uplifting. (See second sheet for details.)	1 hour	\$55
Imani Oil Massage-with head, neck & shoulders emphasis Relaxing, detoxifying and uplifting (See second sheet for details.)	1 hour	\$55
Traditional Swedish Type Massage	1 hour	\$45
Reiki Session Includes Chakra Penduling	1 hour	\$45
Chakra Penduling & private Kundalini Yoga session to open and balance chakras (See second sheet for details.)	1 hour	\$45



Reiki is a gentle, powerful tool for healing that promotes balance in mind, body, and spirit. It looks and is simple. And Reiki is a painless, non-invasive practice that doesn't interfere with any medical treatment or drug regime prescribed by a doctor.

Everyone can benefit from Reiki - because Reiki doesn't address symptoms or diseases, it simply balances a person's system. People suffering with pain, insomnia, depression, or a wide range of medical conditions, as well as people who are healthy and want to stay that way can benefit from Reiki. Most people notice a difference after the first session, and the benefits grow with repeated sessions. People have reported feeling refreshed, serene, comforted and/or renewed after a Reiki session. And these subjective changes are often accompanied by physical changes indicative of deep relaxation, such as a slower heart rate and easier breathing. Reactions to Reiki will vary according to the individual.

Kundalini Yoga consists of exercises or postures (asanas), with special breathing techniques (pranayama), hand and finger positions (mudras) body locks (bhandas) and chanting (mantras). These techniques are used together or in sequence to create exact, specific results that. It is said to balance the glandular system, strengthen the nervous system and enable a person to harness the energy of the mind and emotions through working with the energy of the chakras. It can help a person to relax, cope with stress and find peace of mind. If practiced correctly, it can be a powerful tool for expanding awareness into life changing results. It works for anyone who can breathe and move his or her body. Yogi Bhanan introduced it in the United States from India in 1969. This form of yoga has since spread worldwide.



Oils used in Imani Oil Massage

VICTORY - blend of Rosewood, Frankincense, Spruce and Blue Tansy	The first, last and most important oil used in this technique because it helps to balance the electrical energies within the body. Known as "chiropractor in a bottle," it also helps to create an environment where structural alignment can occur. <i>Other properties:</i> Helps to overcome fear. May help to build courage, confidence and self esteem. Brings on feelings of calmness and peace. Relaxing as well as energizing.
THYME	Has ability to support the immune system by attacking any bacteria, fungus, infection or virus that may be present. It may also help to overcome fatigue and physical weakness. <i>Other properties:</i> Strengthens emotional and spiritual fortitude. Uplifting. Enlivens the spirit.
OREGANO	Works in conjunction with thyme to strengthen the immune system and to attack bacteria and viruses. It may also act as an antiseptic for the respiratory system; help balance metabolism and strengthen the vital centers of the body.
CYPRESS	It may function as a decongestant for the circulatory and lymphatic systems In addition, it is used for its anti-bacterial, anti-infections, anti-microbial and diuretic properties; and pancreatic and endocrin systems strengthening. <i>Other properties:</i> Assists in real-life changes and transition. Has potential to unearth fears that block change. Allows suppressed feelings to emerge. Calming. Clarifying.
BIRCH	Great for removing discomfort associated with the inflammation of bones, muscles and joints. It may also help cleanse the lymphatic system. <i>Other properties:</i> Stimulates the mind.
MARJORAM	Used to relax spastic muscles, soothe the nerves, relieve cramps, aches and pains and to help calm the respiratory system. <i>Other properties:</i> Helps to calm obsessive thinking. Promotes capacity for inner self-nurturing. Promotes joy.
BASIL	Relaxing to spastic muscles and stimulating to the nerves and adrenal cortex. <i>Other properties:</i> Relieves fatigue; Eliminates negative thought patterns. Clears the consciousness. Promotes mental clarity, acuity and concentration. Uplifting. Clarifying. Strengthening.
PEPPERMINT	Used to calm and strengthen the nerves, reduce inflammation and is highly effective when dealing with conditions related to the respiratory system. It also has a synergistic and enhancing effect on all other oils. <i>Other properties:</i> Unlocks congested emotions. Enhances concentration and receptive capacities; Redirects energy. Soothes heart.
LAVANDER	Antispasmodic, analgesic and anti-inflammatory; relieves headaches, constipation, and muscular stiffness and aching; calms strong emotions and nervous anxiety that results in shyness and embarrassment and assists intuition.