

Qi~ssage and Qigong Energy Balancing

Qi~ssage is a touch therapy that helps to open your channels by stimulating and balancing specific acupressure points on the body. These points will be gently massaged in a special order that will restore the flow of energy in your meridians. This wonderful therapy tends to re-set your body kind of like rebooting a computer. You will feel relaxed and yet energized! This is done with you sitting upright and fully clothed. In the one-hour combination session this is done first to help open the channels so the energy balancing happens quickly and easily.

Combo Session: \$50 for an hour

Qigong Energy Balancing Session

External qigong is a way of working with someone else's energy to help them to rebalance their qi (vital energy). You will sit quietly as the energy in your body is detected to see if there is any congestion or energy blockages. Then, I will gently work with your energy to help you to rebalance all of the energy channels in your body so that your energy is flowing smoothly and evenly.

You will be sitting quietly while this is done.

At the end you will feel relaxed and wonderful!

Qigong Session: \$40 about a half hour