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Elements Of Health Introduces Yoga

Elements of Health Massage Therapy Clinic is excited to introduce Yoga Classes.

Daytime and Private lessons are available. Kendra West R.M.T. has become a Certified Yoga Instructor and is delighted to bring this to an intimate peaceful setting as an addition to her Massage Therapy practice.

This relaxed atmosphere enables Kendra, a registered massage therapist since 1989, to deal with your concerns. Kendra has experience with a wide variety of techniques. Massage Therapy suits the injured, elderly or the active individual.

Massage works on the soft tissues of the body promoting the increase of circulation and decrease of tension, helping the body to heal its own imbalances.

Popular treatments include: Tibetan Head Massage, Hot Rock Massage, Thai Massage along with the traditional Swedish Massage. Elements of Health offers Infant Massage and Classes for a Family Experience.

I want to thank my current clients for their enduring patience through this year full of challenges.

As Winter approaches and the holiday season creeps up, why not give the Gift of Massage. Gift Certificates are available.

Contact the Clinic locally at (905)640-5768 or through our new long distance number at 1-866-640-5768.

Elements of Health Massage Therapy Clinic

Kendra West, RMT, MF Phys.

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