

Plant the seed of better health this New Year
with regular maintenance massages at

The Massage Sanctuary

At Second & School Street Yoga

Beginning January 1, 2012: Loyalty cards! On your first session of the new year you'll receive a punch card, helping you to keep track of your sessions. On your 5th session you'll receive \$10 off!



You get your hair cut and/or colored regularly, you have your teeth cleaned regularly, you have your cars oil changed regularly, among many other things, right? Well your musculoskeletal and nervous systems require the same care and maintenance. Getting on a regular massage maintenance plan not only feels good, it also offers many benefits to your overall health and wellbeing!

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