

R&R

Treat Your Mind, Body & Spirit!

Free Intros

* Demonstrations *

* Experiences *

* Q&A *

Thursday, Oct. 21, 7pm

Thursday, Dec. 2, 7pm

Monday, Feb. 7, 7pm

The New York Open Center's mission of holistic education and commitment to providing many paths of healing is further expressed by our R&R offerings. Individual sessions are available in over 15 leading modalities in a variety of healing paradigms, from classic techniques to deep spiritual healing. Each modality seeks to provide an overall sense of well-being. All of our hour-long sessions are given by professional, licensed practitioners, as required, in a soothing, nurturing environment.

Pricing: \$85 per session • R&R Packages: 6 sessions for \$450 (\$425 for members) & 10 sessions for \$695 (\$675 for members)

The R&R Packages, a number of sessions purchased at once, **can be used over the course of a year**, shared with others and applied to any modalities we offer. R&R Package sessions can also be exchanged for gift certificates.

Gift certificates are available for all modalities • We require a minimum of 24 hours' notice for cancellations.

Acupressure combines gentle yet deep finger pressure on acupoints to release the tensions that stem from blockages along the body's energy channels.

Barbara Brennan Technique® Energy Healing employs hands-on methods developed by Barbara Brennan to help facilitate shifts in your physical, emotional, mental, intentional and essence domains.

CranioSacral Balancing uses gentle, hands-on palpation to feel for movement/rhythm generated by the pulse of the cerebrospinal fluid; may be useful in alleviating migraines, chronic fatigue, neck and back tension.

Deep Tissue uses slow strokes and deep pressure work to relieve chronic areas of tension and pain.

Huna Mua Kahuna Lapau'au is an Ancient Hawaiian Shamanic healing method that allows communication between your Bodies, which consist of the Three Souls of Consciousness. For life to make sense, information must flow and connect through each dimension, carried by the light of Consciousness.

Indian Head Treatment stimulates circulation and relieves tension in the head, neck and shoulder region.

Polarity Therapy balances "life energy," releases energy blocks in specific areas throughout the body, including the chakra system. It also incorporates nutrition, movement and open communication to facilitate self awareness.

Pregnancy Pampering soothes and helps relieve the aches and pains of pregnancy. It can be used after the first trimester.

Reiki is a "laying-on-of-hands" technique, removes energy blockages, provides new vitality through healing universal life energy.

Reflexology applies pressure to specific points on the feet to enhance the natural healing abilities of corresponding organs and glands.

Shiatsu uses stretching and applied pressure along meridians to release *chi* (vital energy), improves immune function and relieves ailments such as backaches and menstrual pain.

Swedish works muscles to relax tension and promote blood and lymphatic circulation—a superb combination of relaxation and healing.

Thai incorporates guided yoga-like movements, gentle stretches and application of pressure along meridian lines to center the mind and body.

Trager® involves movement re-education through gentle, rhythmic techniques to promote deep relaxation and increased mobility.

VortexHealing® an energetic healing that works with divine light and consciousness to perform deep emotional, physical and karmic healing.

Hypnosis creates a relaxed state of mind utilizing guided imagery and positive suggestions, providing the groundwork for life changing shifts and overall good health.

Neurofeedback with NeuroOptimal™ is an EEG biofeedback training that effortlessly assists the brain to organically change as it reorganizes itself in the most efficient way to promote well-being.



We also offer acupuncture, one-on-one yoga sessions and short-term practitioner room rentals.

PLEASE CALL FOR LOCATION

Bodywork sessions are intended to promote balance and well-being and are in no way a substitute for medical treatment.

REAWAKEN YOUR MIND BODY AND SPIRIT WITH CHAKRA YOGA — WEDNESDAYS, 12:30-1:30PM

**To reserve an R&R session, call 212.274.1829.
Please see our website for further information on our modalities.**