

***"Your health, balance and inner contentment is your wealth. Guard it with knowledge, understanding, and wisdom."***

Holistic Bodywork has been providing stress relief and relaxation to the Monroe area for over 20 years. Our intention is to help others move toward balance and optimal health through the power of touch and movement. We enjoy working with people of all ages and are rewarded by seeing our clients progress with less discomfort and a more mobile lifestyle.

Robin and Forrest have specialized training in several types of massage and bodywork. If your session is directed by a doctor or health care provider, the prescription will be reviewed and your health care goals will be discussed. A combination of massage modalities will be used, along with hydrotherapy, and aromatherapy when appropriate.



## *Benefits of Massage and Yoga...*

- ❖ Deep relaxation
- ❖ A clearer, calmer mind
- ❖ Faster recovery from injury/illness
- ❖ Relief from acute and chronic pain
- ❖ Increased flexibility and range of motion
- ❖ Nurtured through touch and stretch
- ❖ Increased energy
- ❖ Healthier, better nourished skin
- ❖ Improved blood pressure and circulation
- ❖ Improved athletic performance and endurance
- ❖ Reduced health care costs

## *Massage Sessions*

Choose from ½ hour, 1 hour, 1 ½ hour or 2 hour sessions.

## *Yoga*

- Individual program to suit your specific needs
- Robin teaches group classes



**Robin Flashman** – LMP, Hatha Yoga Instructor has training in Therapeutic Deep Tissue Massage, Myofascial Release, CranioSacral Therapy, Swedish, Sports Massage, Tummy Temple Massage, Lymphatic Drainage, Pregnancy Massage, Raindrop Therapy with Essential Oils, Structural Relief Therapy and Yoga as Structural Therapy.

MA00005660 – WA State License since 1992

 Gift Certificates Available 



**Forrest Flashman** – LMP, MA Holistic Psychology has training in Therapeutic Deep Tissue Massage, Myofascial Release, CranioSacral Therapy, Swedish, Sports Massage, Lomi Therapy, Rossiter System, Neurolink and Holistic Health Counselor.

MA00003194 – WA State License since 1985

Direct billing of most insurance plans, personal injury (auto accidents) and labor and industries (injured at work).

Holistic Bodywork - Massage and Yoga provides a broad scope of massage techniques and yoga principals to deliver the wonderful benefits of therapeutic massage and yoga for the body, mind, and soul. We take a “whole person” approach helping one to come back to homeostasis (balance) which creates a feeling of contentment and wellbeing.

With the busy demands of modern living, our bodies and minds take a beating which lowers our immune system from stress related issues. In time, we can develop chronic holding patterns, creating pain and stiffness, which can become an injury and/or illness. By reducing these symptoms through massage and yoga we can increase the energy and vitality we have to enjoy life. Also by observing our thoughts and habit patterns more closely, we can make changes and fine-tune ourselves.

Massage and yoga are ways of taking better care of ourselves along with balanced nutrition, exercise, and a positive outlook on life. In fact, clients often report that massage therapy has helped for pain management, improving skin, posture, body mechanics, blood circulation, blood pressure, breathing, detoxification, energy, immune system, stress relief and many other aspects of their health.

Our therapists are members of National Association of Massage Therapists and American Massage Council.

Holistic Bodywork LLC  
Robin and Forrest Flashman  
PO Box 153  
Monroe, WA 98272

*“Moving towards balance, contentment and optimal health.”*



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*Massage and Yoga*

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optimal health.”*

**Robin and Forrest Flashman**

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