

Healing Arts

by Jack Greene, HHP

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THERAPEUTIC MASSAGE

60 min \$90 | 75 min \$110 | 90 min \$130

Holistic Approach that blends eastern and western modalities with Light, Medium or Firm Pressure.

Option for Shiatsu/Thai stretching, Reiki or CranioSacral Massage.

ALL LEVELS PRIVATE YOGA EXPERIENCE

60 min \$75 | 75 min \$90

Gentle to Advanced Hatha Yoga for 1-2 students.

\$20/each additional student.

MINDFUL MOVEMENT + BREATHWORK + MEDITATION

60 min \$75

Beginner Tai Chi/Qigong followed by light breathwork + guided meditation.

SOUND HEALING WITH CRYSTAL BOWLS + MORE

45 min \$75

Receive a healing sound bath and guided meditation with the option to learn to play the bowls and other sound tools.

Jack is certified in multiple modalities and has 10+ years experience as a Holistic Health Practitioner (HHP). He lives locally and all pricing includes equipment and travel to La Osita Farmhouse.