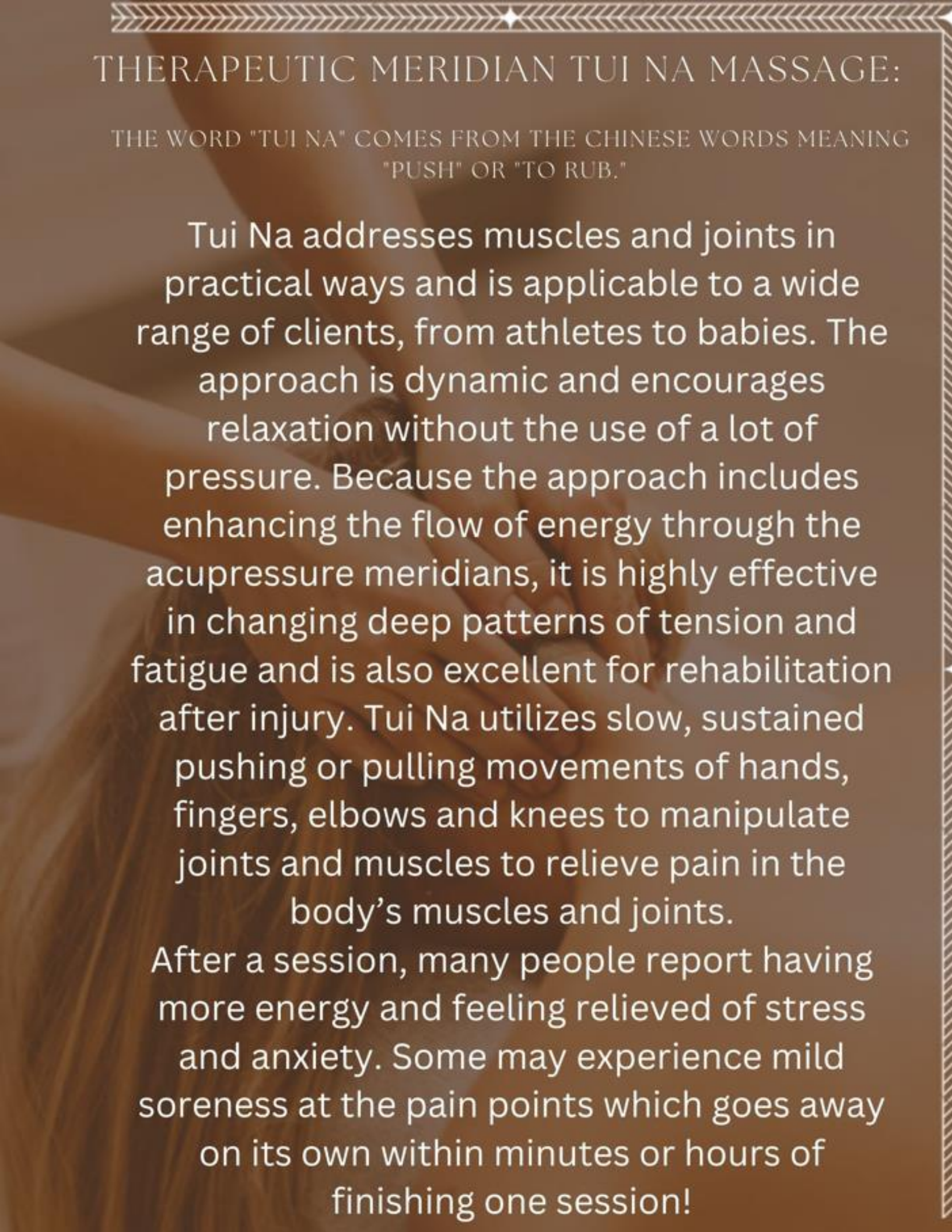




## THERAPEUTIC MERIDIAN TUI NA MASSAGE:

THE WORD "TUI NA" COMES FROM THE CHINESE WORDS MEANING  
"PUSH" OR "TO RUB."



Tui Na addresses muscles and joints in practical ways and is applicable to a wide range of clients, from athletes to babies. The approach is dynamic and encourages relaxation without the use of a lot of pressure. Because the approach includes enhancing the flow of energy through the acupressure meridians, it is highly effective in changing deep patterns of tension and fatigue and is also excellent for rehabilitation after injury. Tui Na utilizes slow, sustained pushing or pulling movements of hands, fingers, elbows and knees to manipulate joints and muscles to relieve pain in the body's muscles and joints.

After a session, many people report having more energy and feeling relieved of stress and anxiety. Some may experience mild soreness at the pain points which goes away on its own within minutes or hours of finishing one session!