

The Y at 1980 Centre

1980 Centre Street

West Roxbury, Ma . 02132

617-323-5111

www.ymcaboston.org/westroxbury

nmccann@ymcaboston.org

Holistic Health

Healing the Mind, Body & Spirit.



Acupuncture
Cranial Sacral Therapy
Massage
Reiki & Reflexology

Packages

| | 30 min | 50-60 min. | 2pk | 5pk |
|---|--------|------------|-------|-------|
| Swedish Massage / Reiki / Cranial Sacral Therapy | | | | |
| Adult Member | \$35 | \$65 | \$119 | \$275 |
| Senior Member | \$30 | \$55 | \$99 | \$225 |
| Nonmember | \$40 | \$75 | N/A | N/A |

Therapeutic Muscular Therapy / Reflexology

| | | | | |
|---------------|------|---------------|-------|-------|
| Adult Member | \$35 | \$70 / \$105* | \$129 | \$300 |
| Senior Member | \$30 | \$65 | \$119 | \$275 |
| Nonmember | \$40 | \$75 | N/A | N/A |

Acupuncture

| | | | |
|---------------|------|-------|-------|
| Adult Member | \$65 | \$119 | \$275 |
| Senior Member | \$55 | \$99 | \$250 |
| Nonmember | \$75 | N/A | N/A |

Prices and hours subject to change. *90 minute massage.

*Members take \$10 off first treatments!
Please specify which type of treatment you
would like when you call to schedule an
appointment. Hours and times vary upon
service.*

Our Staff

Acupuncturist/ Chinese Herbalist

Sean Bowles is an acupuncturist licensed by the state of Massachusetts and certified by the NCCAOM. He holds a Masters Degree in Acupuncture and Chinese Herbal Medicine from the New England School of Acupuncture—the oldest acupuncture college in the United States. He is trained in orthopedic acupuncture, oriental bodywork, cupping, guasha and moxibustion.

Muscular Therapist

Nichole McCann has been practicing Massage Therapy for over 10 years. She graduated from the Massage Institute of New England in Somerville MA. Her course of study & continuing education has been in Swedish Massage, Neuromuscular Therapy, Orthopedic injury and assessment, Reiki I & II

Reiki Practitioner

Rebecca Garcia-Flynn is an RN with over 40 years of acute care experience in Boston teaching hospitals and a long time resident of Roslindale. She has been practicing alternative healing methods since 1975. Rebecca is a very experienced Reiki practitioner who has attained the Mastery level in Reiki as well as Chinese Energetics and Integrated Energy Healing methods.

Reflexologist / CranioSacral Practitioners

Ellenmarie Joyce, RN, BSN, CIMI has been a nurse for 12 years working in various setting from adults to infants. While working as a nurse she developed an interest in holistic health which lead to further study in "Energy Therapy". Ellenmarie is a Reiki Master/Teacher, Certified Infant Massage Instructor, CranioSacral Practitioner, Reflexologist, plus has experience in other Energy Therapies.

Department Policies:

- Any questions or concerns can be referred to Nichole McCann at 617-323-5111 or emailed to nmccann@ymcaboston.org.
- There is a 24 hour cancellation policy. A No Show Fee of \$30 will be applied on the first no show and a full Fee of \$60 will be charged from that point forward. We will do our best to confirm the night before but this is not guaranteed.
- The session must be paid for prior to treatments and forms of payment are Cash, Credit/Debit, and Check made out to the YMCA.
- No client will be serviced post work-out, sweaty and un-showered. Exceptions include Stretching Massage and post Road Race Massage.
- These treatments are a healthy reward for your body. Take the day off from your workout routine. Please note that Acupuncture is fine either before or after your workout, but please eat previous to your treatment.
- Wellness packages are reserved for YMCA members only.
- Please arrive a few minutes early to get settled and fill out necessary paperwork.
- Any inappropriate behavior will end the session immediately.
- We look forward to our session, and if there is anything we can do to make your experience better here at the YMCA please feel free to leave Nichole a voicemail at 617-323-3200x403.

It's all inside the Y.

Services

Acupuncture & Chinese Herbal Medicine

Acupuncture is one of the best known alternative therapies. It is a component of traditional Chinese medicine and originated in China over 5,000 years ago. Very thin needles are inserted into specified points along these meridian lines to influence and restore the balance and the flow of *qi*. The result is the alleviation of various acute and chronic conditions. Please note that your first session will include a half hour

interview. Acupuncture is recognized by the National Institute of Health (NIH) and the World Health Organization (WHO) to be effective in the treatment of the following conditions as well as others:

- Addiction: alcohol, drug, smoking
- Anxiety / Arthritis /

Asthma

- Carpal Tunnel Syndrome / Chronic Fatigue
- Digestive problems
- Eye, Ear and Nasal problems
- Fertility / Fibromyalgia
- Headache / Low back pain / Migraine
- Menopause / Menstrual irregularities/ PMS
- Muscle Pain and weakness
- Stress / Sleep Disturbances

CranioSacral Therapy

Is a light touch approach that releases tensions deep in the body to relieve pain and dysfunction and to improve whole-body health. By complementing the body's natural healing processes, CST is increasingly used as a preventative health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction including but not limited to:

- Migraine Headaches
- Chronic Neck and Back Pain
- Central Nervous System Disorders
- Orthopedic Problems
- Chronic Fatigue
- Stress/ Tension-Related Problems
- Fibromyalgia & other Connective Tissue Disorders

- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular or Immune Disorders
- Post-Traumatic Stress Disorder
- Post-Surgical Dysfunction

Massage Therapy

Stretch Me

Facilitated stretching is a terrific way to get a great stretch. Better than you can ever get by yourself! One dollar per minute.

Swedish Massage

This is a basic relaxation massage. Unwind listen to the soft music and let the stress of the day or your workout just melt away

Therapeutic Muscular Therapy

Muscular therapy session can include stretching, deep tissue & relaxing strokes. It is designed to untangle your overworked body, unraveling the many layers with a deeper therapeutic touch. This can be deep and intense in certain areas of congestion. Therapy focused on problem areas with a holistic approach.

Reflexology

Reflexology has been an healing art for centuries from Egypt to China to Japan, Europe and further West. Reflexology is a wonderful relaxing treatment that helps alleviate stress in ones body. Practioners use their hands to apply pressure to reflex points on the foot that corresponds to the body. Reflexology treats the whole body rather than the disease/or condition. It helps reduce pain and works great to help with insomnia, headache, vertigo, PMS, infertility, muscular and sport injuries to name a few.

Reiki

Reiki is a spiritual healing practice which enhances wellness by clearing and balancing the energy of the body, mind and spirit.

341 Reflexology works with the nervous system & works the nerve endings in the hands, feet, and ears. Massage works with the muscular system works the muscles and soft tissues.