

# Mini relaxation or Full sessions of Face or Foot Reflexology or Reiki or The Alexander Method of Vibrational Sound & Energy Therapy at Last Chance Ranch by Sherry Holzman

**WHEN:** **SELECT SUNDAYS** (see LCR website for date) from 9:00 am – 3:30 pm by appointment only scheduled on every ½ hour. Noon booking is not available. Full sessions are available to any individual booking two consecutive time slots. Please email Sherry Holzman at [sasndash@comcast.net](mailto:sasndash@comcast.net) with the type of service, your time slot(s) preference and your contact information (phone #).

**\*\*\* I will donate 40% of the proceeds made to LCR\*\*\***  
**\*Cash payment due at the time of your session to Sherry\***

## **20-25 Minute Alexander Method Otto Tuning Forks Relaxation Session = \$25**

## **45-50 Minute Alexander Method Solfeggio Tuning Forks Relaxation Session = \$50**

The Alexander Method with the use of the Solfeggio seven frequencies & sacred Ohm Otto (body) Tuner incorporates the opening, balancing, aligning and connecting of the 7 chakras with the 7 energy bodies or layers of the auric field. By tapping specifically tuned frequency tuning forks, you will instantaneously alter your body's biochemistry and bring your nervous system, muscle tone and organs into harmonic balance and will put your body into a deep state of relaxation. The 20-25-minute mini Alexander Method Otto (body) tuning forks session will consist of not only using the sound vibration but also placing the forks directly on specific points of the body. The 45-50-minute Alexander Method Solfeggio tuning forks session consists of using specific sound vibration frequencies and the sacred Ohm tuner within the etheric energy field to help balance the chakras and to help the body restore its natural free flowing energy allowing the body to heal itself.

## **20-25 Minute Mini Reiki Session = \$25**

## **45-50 Minute Full Reiki Session = \$50**

Reiki is a non-intrusive Japanese healing technique where universal life-force energy flows through a trained practitioner's hands into the recipient. The 20-25 minute mini session will consist of checking your chakras by using a pendulum & energy work (hands held on or off (above the body)). The full session will allow more time spent in each of the 10 hand positions.

## **20-25 Minute Mini Relaxation Foot Reflexology Session = \$25**

## **45-50 Minute Full Foot Reflexology Session = \$50**

Foot reflexology is done by manually stimulating specific reflex areas and points in conjunction with Chinese meridian system. The mini session will consist of 20-25 minutes of reflexology & relaxation techniques done on the plantar surface (bottoms) of the feet. The full foot session will consist of 45 to 50 minutes of work on the entire foot and ankle areas of both feet.

## **20-25 Minute Mini Relaxation Face Reflexology Session = \$35**

## **45-50 Minute Full Face Reflexology Session = \$70**

Face reflexology is done by manually stimulating specific reflex areas, nerve and acupressure points in conjunction with Chinese & Tibetan meridian systems. The mini session will consist

of 20-25 minutes of reflexology & relaxation techniques done on the face. The full session consists of performing the 7 complete steps and techniques done on the face 45-50 minutes.