

woman2woman 2009: Caring Personal Services Schedule

	Station 1	Station 2	Station 3	Station 4
10:00-10:45	<i>“Life Wheel” Coaching</i> Suzanne Accardo	<i>Therapeutic Massage</i> Nery Quiles	<i>Reflexology</i> Winona Bontrager	<i>Reiki</i> Nan Chamberlain
11:00-11:45	<i>“Life Wheel” Coaching</i> Suzanne Accardo	<i>Therapeutic Massage</i> Nery Quiles	<i>Reflexology</i> Winona Bontrager	
12:00-12:45	<i>Spring Forest Qigong Energy Healing</i> Mary Gabriel		<i>Chair Massage</i> Alyson Shanklin	<i>Reiki</i> Marilyn Landis
1:00-1:45	<i>Spring Forest Qigong Energy Healing</i> Mary Gabriel		<i>Chair Massage</i> Alyson Shanklin	<i>Reiki</i> Marilyn Landis
2:00-2:45	<i>Naturopathic Consultation</i> Renee Awad	<i>Neuromuscular Therapy</i> Carrie Rudy	<i>Therapeutic Massage</i> Mychele Todd	<i>Reiki</i> Sue Purdy
3:00-4:00	<i>Craniosacral Therapy</i> Renee Awad	<i>Neuromuscular Therapy</i> Carrie Rudy	<i>Therapeutic Massage</i> Mychele Todd	<i>Reiki</i> Sue Purdy

You are invited to experience one personal service during the day. Four different services will be offered at all times in semi-private stations in classrooms in the west wing on the second floor of the YWCA. To receive a service, we ask you come to the glass hallway on the second floor, take the next chair in line and wait **quietly** until you are called for the next available service. You may expect a wait of 10-40 minutes, depending on the length of the line and your individual session will last about ten minutes.

Craniosacral Therapy

Craniosacral is a light touch therapy that works on connective tissue and useful for any condition such as digestive problems, headaches, anxiety, etc. Craniosacral therapy also stimulates the parasympathetic nervous system, allowing for deep relaxation.

Renee Awad, ND

Avalon Natural Health

Renee graduated from Bastyr University with a Doctor of Naturopathic Medicine degree in 2006. She also holds a B.A. in Psychology from Bucknell University. Renee has had a private naturopathic consulting practice since 2008 and is the President of the Pennsylvania Association of Naturopathic Physicians and a member of the American Association of Naturopathic Physicians.

(717) 875-3056 • r.awad@avalonnaturalhealth.com • www.avalonnaturalhealth.com

“Life Wheel” Coaching

Does your life feel out of balance? Would you like some ideas about how to feel less chaos in your life? With the help of a simple tool known as the “Life Wheel” you can quickly discover the areas of your life that need attention. You will explore eight different areas of your life; work, finances, health, relationships, spirituality, personal growth, fun and family to determine what action you can take to get your life back on track. A simple exercise with enlightening results!

Suzanne Accardo

The Yoga Place

Suzanne Accardo holds a master’s degree in Education has experience as a Family Life Educator and is currently in training with The International Coach Academy as a Life Coach. She is the owner and director of “The Yoga Place” a Yoga studio located in Ephrata, Pa

(717) 336-5299 • smaccardo@aol.com • www.theyogaplaceinephrata.com

Massage--Chair

Chair massage is performed with the client fully clothed and seated comfortably in a chair. Swedish massage techniques are used on the back, neck, shoulders, arms and hands to refresh and energize the client.

Alyson Shanklin, CMT

L & E Massage Therapy Center

Alyson graduated from the Lancaster School of Massage in 2005 and is a member of the American Massage Therapy Association (AMTA). She currently practices Swedish, Neuromuscular Therapy, Reflexology, Pre-Natal and Hot Stone Massage. Alyson is also a dance instructor at Encore Dance Center in Lancaster.

(717) 560-6788 • lande@massagetherapy.com • www.lande.massagetherapy.com

Massage--Table

Table massage encompasses a variety of techniques for addressing the soft tissue of the body to enhance the general health and well-being of the recipient.

Nery Quiles, NCTM

L & E Massage Therapy Center

Nery is a recent graduate of the Massage Therapy program at Harrisburg Area Community College and Nationally Certified in Therapeutic Massage. She practices Swedish massage, Connective Tissue, Neuromuscular Therapy, Sports massage, Reflexology and Hot Stone massage.

(717) 560-6788 • lande@massagetherapy.com • www.lande.massagetherapy.com

Mychele (Miki) Todd

The Spa at Intercourse Village

Miki is a recent graduate of the Lancaster School of Massage. She has worked with multiple disabilities all her life and would like to tailor her practice to retired and injured veterans and children with Autism. She is also fluent in American Sign Language.
(717) 768-0555 • bloomsburgsweety@yahoo.com • www.amishcountryinns.com

Naturopathic Consultation

Naturopathy is a wholistic approach to health where emphasis is placed on building a good foundation of health and recommending supplementation as necessary. Education is a key component of naturopathic care.

Renee Awad, ND
Avalon Natural Health

Renee graduated from Bastyr University with a Doctor of Naturopathic Medicine degree in 2006. She also holds a B.A. in Psychology from Bucknell University. Renee has had a private naturopathic consulting practice since 2008 and is the President of the Pennsylvania Association of Naturopathic Physicians and a member of the American Association of Naturopathic Physicians.
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Neuromuscular Therapy (NMT)

Neuromuscular Therapy allows for the reversal of the stress-tension-pain cycle. Pressure is specifically applied to interrupt nerve impulses to the spinal cord, reduce the intensity of nervous activity within the muscle and force out toxins. The muscle then relax, circulation increases and the body returns to normal integrity and balance.

Carrie Rudy, NCTMB
L & E Massage Therapy Center

Carrie practices Swedish, Neuromuscular Therapy, Reflexology and Pre-Natal massage. She graduated from the Lancaster School of Massage in 2007 and has completed continuing education course in NMT. Carrie is Nationally Certified in Therapeutic Massage and Bodywork and a member of the American Massage Therapy Association.
(717) 560-6788 • lande@massagetherapy.com • www.lande.massagetherapy.com

Reflexology

Reflexology involves applying pressure to specific areas on the feet and hands, which correspond to all the organs, glands and systems of the body. Similar to acupuncture principles, reflexology works with the body's energy flow to stimulate self-healing and maintain balance in physical function.

Winona Bontrager, LPN, LMT
Lancaster School of Massage

Winona, owner and director of the Lancaster School of Massage, is a 1986 graduate of the Florida School of Massage. Winona is currently serving a two year term of service on the American Massage Therapy Associations national Board of directors. The culture of the school reflects her core values: a sense of humor, balance in life, always learning, and respecting others as spirit, mind and body.
(717) 293-9698 • ismassage@redrose.net • www.lancasterschoolofmassage.com

Reiki

Reiki uses the universal life force to enhance the wholeness of body, mind, spirit, and emotions, utilizing both Eastern and Western techniques and philosophies to instill healing and relaxation. This hands-on, energetic healing art encourages both the recipient and practitioner to be open to a greater awareness that may facilitate wellness on all levels of being. Reiki sessions are administered through both "hands-on" and "hands-off" methods and are based on the interaction with life-force energy. The

energy flows through the practitioner, and does not take anything away from her or him. Each recipient takes whatever energy she or he personally needs for healing. Recipients of the Reiki sessions can either lie down, fully clothed, on a massage table, or can sit in a chair.

Nan Chamberlain, BA, NCBTMB, Member of AMTA, Reiki Master

Nan offers a variety of massage and relaxation methods, including Swedish, Deep Tissue, Myofascial Touch as well as Warm Stone Therapy, Aromatherapy, and Guided Relaxation Visualization. In addition, she now also offers massage therapy for artists. Working in her beautiful and private retreat center, she brings a most special and loving presence to her life's work. Nan is a Nationally Certified Massage Therapist, Reiki Master and Therapeutic Touch Practitioner. She graduated from the Baltimore School of Massage and has joyfully been doing massage and energy work for ten years. Nan also enjoys yoga, theater arts, and is an award-winning photographer.

(717) 898-6621 • twohealinghands@aol.com

Marilyn J. Landis, CMT, Reiki Master

Marilyn teaches Reiki I, II and III classes in addition to performing therapeutic massage, hot stones massage, and Reiki sessions. She is a Certified Massage Therapist and Reiki Master. Marilyn graduated from the Lancaster School of Massage in June 2003 and has been practicing Reiki since August 1999. Her massage therapy and Reiki business is located at 222 West Orange Street in downtown Lancaster.

(717) 393-8977 • marilynjud@verizon.net

Sue Purdy

Sue is a Usui Reiki Teacher/Master. Her goals are to provide Reiki sessions to promote healing through deep relaxation and stress-reduction and to teach and offer Reiki attunements to those wishing to practice this system of healing. She has a small practice conveniently located in Columbia, which she established in 2006, but also offers home visits. Her services include sessions for people, animals, and distance healing. Sue has also recently published several articles on Reiki in the Central PA Holistic Health Networker magazine.

(717) 201-3570 • spurdy13@comcast.net • www.purdy-reiki.com

Spring Forest Qigong Energy Healing

Spring Forest Qigong is a practice of simple movements, mental focus, breathing and meditation. When there are energy blockages in the body, emotional, spiritual and physical imbalances can develop. Through Spring Forest Qigong spiritual healing, the practitioner scans the body for blockages, removes the blockages, and replaces the blockage with fresh energy. This simple yet powerful technique is very effective in bringing balance, joy and peacefulness back to the individual, as well as physical healing.

Mary Gabriel

Gabriel Healing Arts

Mary is a Certified Spring Forest Qigong Instructor and Practitioner. She has twenty-one years of experience as Nationally Certified and Licensed Massage Therapist and a Reiki Master, Healer and Teacher. Mary has extensive training and experience in hands-on therapies and trademarked a technique for working with survivors of domestic violence and PTSD. She also has experience as an inspirational speaker sharing life experiences as a survivor, teacher and healer.

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