**Deep Spinal Release Bodywork**

Hi \_\_\_\_\_\_\_\_

I’m referring you to Janis who does Deep Spinal Release Bodywork, which is based on Yoga Therapy and done in a specific way that addresses chronic pain. The approach is very gentle and restorative, and the practice is simple and effective because it’s done one-on-one so is customized to fit each individual. Janis has over 20 years’ experience as a Yoga Therapist and also has an added feature to her training as a certified Nervous System RESET practitioner.

Janis is licensed and insured, she does not take traditional insurance, however you can use HSA, FSA. You may also be able to use PI or worker comp if you have a referral.

If you are interested here’s a little more information

* Schedule a complementary 20-minute call or Zoom with Janis embodimentjanis@gmail.com or text 503-810-810-9556
* <https://www.embodimentjanis.com/deep-spinal-release-bodywork.html>
* We start with bodywork and then we move to teaching you how to become your own bodyworker (essentially)

From Janis:

As a ‘healing facilitator” we work together for a period of time, I provide you with the tools you need so that you may feel resourced enough that you no longer need my services. Some to end up coming for Deep Spinal Release Bodywork because they just really love the way they feel after a session.

I really do love working one on one! Send an email or text and we can see if this is a good fit for you.

Janis M Fish