

Valade Healing Arts Center  
19229 Mack Avenue, Suite 30  
Grosse Pointe Woods, MI 48236

Phone: 313-647-3320

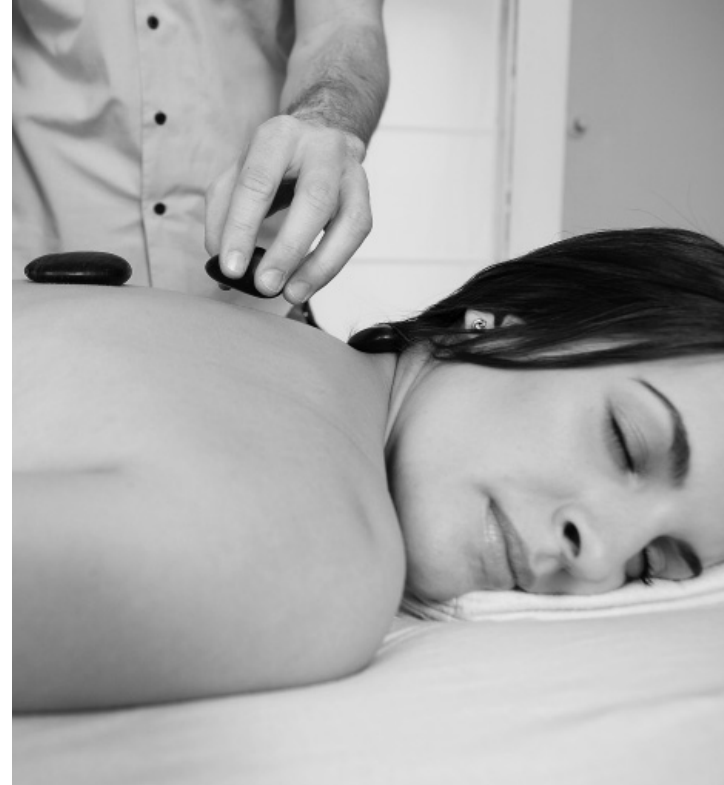
Fax: 313-647-3322

[stjohn.org/ValadeHealingArts](http://stjohn.org/ValadeHealingArts)



**Will the practice of yoga interfere with my other physical and sports activities?**

Yoga will not interfere with any sports or physical activities. Yoga generally improves your performance in any recreational or sports activity. Yoga postures are excellent before and after various athletics. The asanas help the athlete to prevent muscle soreness and injuries.



ST. JOHN  
HOSPITAL  
& MEDICAL  
CENTER



ST. JOHN HOSPITAL  
& MEDICAL CENTER

**River Rock  
Massage**

We welcome the chance to help  
you live a healthier life

## River Rock Massage

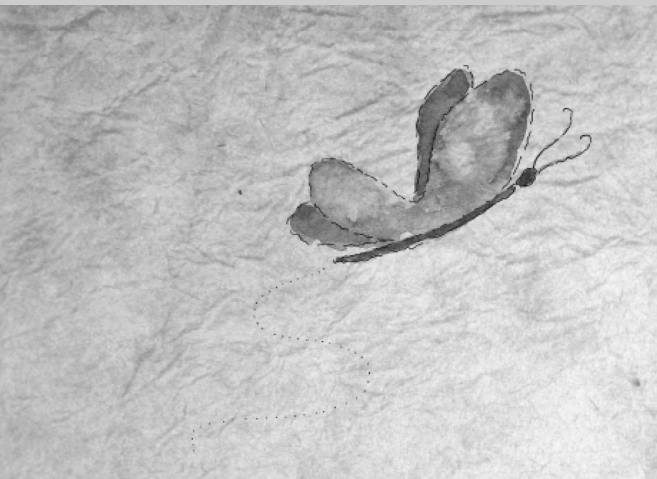
Handpicked, heated, Michigan river stones combined with therapeutic massage techniques are used to create a unique, deeply relaxing experience. Smooth stones gently glide along areas of tension penetrating deeply into tired, sore muscles. You are warmed and massaged with the heated stones, relieving the muscular tension throughout your body. The heat makes the affect of this treatment very profound.

Enveloped in warmth, you can achieve a deeper dimension of relaxation, which often may invoke a meditative state. This soothing, heated stone massage is very helpful for those individuals with fibromyalgia or other muscle

disorders, neck and shoulder strains, and arthritis. Other benefits may include increased circulation and mobility, reduction of stress, eliminating toxins in the body, as well as the effects of calming the mind, restoring the body and nourishing the spirit.

Aromatherapy can be added to the massage to add further benefit at an additional cost.

River Rock massage is not recommended for pregnant women.



For more information please call  
**313-647-3320**