

# A Mindful Massage ~ Bridport



Today only, FREE 15 minute treatments, fully clothed or with oil  
*NO HANDS* Massage integrates neuro-muscular, myofascial and trigger point release in a unique and effective way with zero strain to the practitioner. It is deep, releasing, rejuvenating and nourishing, the client can choose from a variety of different styles depending on their specific needs, so can have a deep and releasing massage or a lighter more fluid treatment.

Amanda Jones ~ *NO HANDS* Massage Instructor 07733 045 289

The *NO HANDS* approach was developed by Gerry Pyves after 20 years of clinical development (as outlined in *The Principles and Practice of NO HANDS* Massage, Pyves 2000)

