



## INTEGRATIVE BODYWORK

**Eric Kelley**

*Personalized treatments are customized to meet the receivers needs in the moment thru deep listening and intuitively guided touch.*

Integrated techniques from Eastern and Western origins invite an experience that is relaxing, therapeutic, and structurally effective. Each session is offered with the intention to access the inherent Balance, Fluidity, and Harmony within the receiver, re-establishing communication and connection between any parts that have become fixed within or isolated from the web of the whole body matrix.

### Modalities Incorporated include:

Traditional Thai Massage	Osteo-Thai
Vedic Thai Bodywork	Marma Therapy
Dynamic Thai	Myofascial Release
Trigger Point Therapy	Cranio-Sacral
Structural Energy Awakening	Shiatsu
Abdominal Massage	Lymphatic Drainage

### Effects of treatments can include but are not limited to:

- ~ Greater flexibility, mobility, & body awareness/ alignment
- ~ Access to deeper breathing
- ~ Relief from Chronic Pain including headaches & migraines
- ~ Relief from Repetitive Motion syndromes  
(including tennis elbow and carpal tunnel)
- ~ Increased Blood and Lymph circulation
- ~ Expedited healing from acute injury
- ~ Scar tissue remediation and integration
- ~ Improved Balance and Performance

Currently offering sessions in Arcata,  
also available for events and outcalls.

## INTEGRATIVE BODYWORKS

**Eric Kelley**

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\*Board Certified in Therapeutic Massage and Bodywork

\*Approved provider of Continuing Education for  
Massage and Bodywork (NCBTMB)