

CENTAUR MASSAGE, LLC

April Newsletter

4/18/2010

“What Every Athlete Deserves”

Equine Massage

Show season is starting up sooner than we all were expecting. Let's help our horses reach their top performance by keeping their muscles supple with massage and stretching. A happy horse means a happy rider!!

I will be offering Human chair massages and Equine massages at Oakrise Farm horse shows. There will be a tent with information available on massage therapy as well. Please stop by and visit. I'll keep you updated in the monthly newsletters if there are shows that I will not be offering massages at. A special THANK YOU to Oakrise Farm for allowing Centaur Massage to have a booth set up at their shows. Please visit their website for show dates at www.oakrisefarm.com

Thank you all for being such a great part of my business and I look forward to helping you all throughout the year. If you ever have any questions or ideas, I would be delighted to hear from you. As always, I'm happy to pass along a story or a great idea to help our athletes become their best!!!

Human Massage

During the month of April I took a Sports Massage class through the AMTA-NH Chapter held at the Seacoast Massage School. It was a nice refresher course to start off the season.

During the month of May I'll be taking a class on Scar Tissue Release and also be getting certified in Cupping Massage Therapy. I look forward to sharing these great new modalities with all who come to my studio.

I'll also be joining the NH Sports Massage Team and will keep you updated on the events that we'll be massaging at.

Look forward to a newsletter once a month with our newest specials, events, stories and great ideas.

Thank you again for being the best clients and friends I could ask for.

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