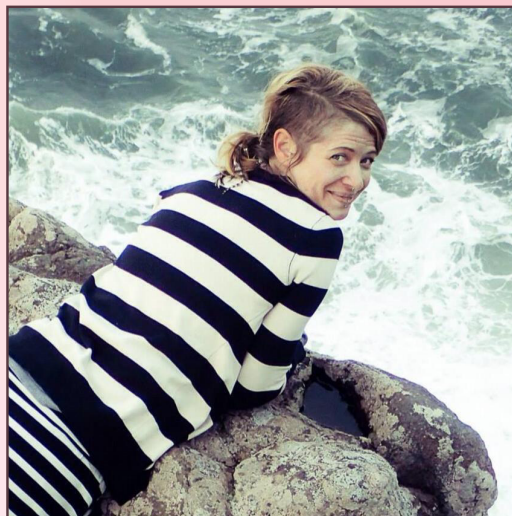


Certified Massage Therapist

MJ Griffin

“Unbridle your heart. Know that Love is limitless. Give freely and often.”



It is my great honor to be your guide to the connection of body and soul. Through hands on therapy, it is my intention to help bring you awareness of your body and its divine ability to heal itself. After identifying your needs and desires, I fall into a deep conversation with the body, allowing it to show me where we go. Modalities that are blended into my sessions include Relaxing Swedish, Deep Tissue, Myofascial Release, NMT, Trigger Point, Stretching, and Sound Healing. Most sessions are deep yet gentle. This is a journey of unwinding old patterns, releasing unprocessed trapped emotion, and restoring balance. I wish to aide in the letting go of suffering and to awaken souls to the Love and Light that you truly are. I look forward to connecting with you. Blessings.

707-845-7805

www.mj.massagetherapy.com