



# Spirals of Life Wellness Institute

*Kari Greene, C.M.T*

*Owner, Instructor*

connective tissue that is below the skin's surface, and encases every muscle and organ. This approach creates long lasting pain relief flexibility and helps to break old patterns of tension.

**Welcome!** In January 2017, **Spirals of Life Wellness Institute** opened in downtown McKinleyville! This year we held continuing education classes in our warm intimate classroom in Lymph Drainage Therapy with Kari Greene C.M.T, Cranial Sacral Therapy with Kate McCaffrey D.O., as well as other classes for body workers and the community in Sound Healing, Aromatherapy, Usui Reiki, Yin Yoga, Ball Rolling for Self Care with others to come! Our instructors include **Kari Greene, Director, Kate McCaffrey D.O., Kausalya Denise Payne Olivier**, Usui Reiki Instructor, as well as other professionals from our community. Our beautiful classroom is also available for rental. We will be expanding to offer a full 600 hour professional certification course for massage therapy in 2019 ! Check our website for details.

**In my private practice,** I use 30 years of bodywork experience with the following techniques to help those with chronic and acute pain, migraines and all those on a path to well being and greater health:

**Myofascial Release** a gentle deep tissue technique that 'unwinds' the fascia-the layer of

**Lymphatic Drainage Technique** is an extremely light yet effective therapy that accesses the Lymphatic System, which controls the fluids in the body. This creates a natural detoxifying and immune building response that also calms the nervous system. This therapy is safe for everyone and can be especially effective for inflammation due to breast cancer.

**CranioSacral** As part of the central nervous system the lungs breathe and heart beats with a rhythmic, alternating expansion and contraction known as "The Breath of Life" or Primary respiration. When gently placing my hands I am able to connect with the rhythm influencing the body to a renewed state of health.

**Jikiden Reiki** Shinshin Kaizen Usui Reiki Ryoho "Usui Reiki Treatment method for Improvement of Body and Mind" -Reiki from its birthplace

**Testimonial:** *I have been getting weekly bodywork from Kari for about five years. During that time, she has helped me recover from three joint replacement surgeries. With patience and gentleness, Kari helped reduce the swelling and scar adhesions associated with the surgeries. I feel that her techniques have improved my circulation and energy flow. Unlike the intense pressure of deep tissue massage, Kari provides a safe, relaxed environment where my body can let go of long held muscle memories and be supportively coaxed in new directions. I have regained flexibility and physical comfort that I thought I had lost forever. -Kathryn Shaini*

**707-382-0268**

2007 Central Ave. McKinleyville, CA.

Find me on Facebook @ **spirals of life wellness**

**SpiralsInstitute.com**

Visit my website for information on upcoming classes and events

