Kari Greene, C.M.T

Director, Instructor

Welcome to Spirals of Life Wellness

Welcome. I am excited this year to share a vision that I have held for over 15 years! I combine 29 years as a Bodyworker and 10 years of experience teaching to announce the opening of **Spirals of Life Wellness Institute**! Opening in McKinleyville in the Spring of 2017! Our school offers a 600 hour certification program, as well as continuing education for body workers and classes for the community in Cranial Sacral Therapy, Reiki, Sound Healing, Aromatherapy with others to come. Our instructors include Kari Greene, Director, Kate McCaffrey D.O., Denise Payne Olivier as well as other professionals from our community.

Please visit our website: **www.spiralsinstitute.com** or call (707)382-0268 for more information and to register for our upcoming program.

In my practice, I specialize in the following techniques to help those with chronic and acute pain, migraines and all those on a path of health:

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

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 chronic pain, allergies, insomnia and inflammation.

CranioSacral and Reiki work together to bring body, mind and spirit into balance by reconnecting to this vital rhythm.

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

1660 Central Ave. Suite F McKinleyville, CA.

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

SpiralsInstitute.com

Visit my website for information on upcoming classes and events

SPIRALS OF LIFE Wellness Institute