

Our Invitation.....

It is a rare and unique opportunity to walk into a center and have the owners provide the services.

Jersey Shore Myofascial Release Center grew out of the love that the owners have for massage therapy and authentic healing. Owners, Brian and Michele Ruhmann have over 40 years combined experience in athletic training, fitness programming, massage therapy, spa services, and alternative healing modalities. Through their own personal growth, Brian and Michele have discovered absolute truths that they strive to bring to each of the services and programs offered at Jersey Shore Myofascial Release Center. These truths are; unconditional presence, unconditional acceptance, and unconditional love.

While we believe that it is essential for everyone to experience these truths, we also acknowledge that it is our souls' purpose at Jersey Shore Myofascial Release Center, to express them to you, our clients.



May the light of our love touch your soul....

Michele and Brian Ruhmann



**Jersey Shore
Myofascial Release Center**

**Robbins Seaport
1 Robbins Parkway, Suite 104
Toms River, NJ 08753**

Now accepting Visa/Mastercard and ATM Cards.



**Jersey Shore
Myofascial Release
Center**

**For Appointments:
732-223-9335**

Price List

Myofascial Release - \$100 (60min)

Performed in the tradition of John Barnes, P.T., this technique utilizes gentle prolonged holding techniques to release the fascia, promoting increased flexibility and range of motion, increased postural functionality and stability, increased circulation and decreased toxicity within the tissue. Uniquely superior in addressing the following conditions:

- Women's Health Issues
- Fibromyalgia
- Chronic Pain
- Migraines
- Traumatic Injuries
- Repetitive Motion Syndrome
- Pediatric Disorders
- Unresolved Scar Tissue
- Arthritis
- Post Surgery Dysfunction
- Postural Problems & Scoliosis

Myofascial Release Co-treatment \$175 (60 min)

Same technique but two therapists are working at the same time to enhance the therapeutic process.

\$275 (90min)

Therapeutic Massage

Utilizes traditional Swedish Massage techniques for relaxation and relief of muscular tension.

\$75 (60 min)

\$100 (90 min)

Reiki

Reiki is a "Hands-on" healing technique which is sometimes called energy work. Stress is released and relaxation takes place and the vital energy that is lost in daily life is restored. Reiki opens the energetic body, reinforcing the body's ability to heal itself.

\$75 (60min)

Somatic Emotional Coaching

Combining elements of personal coaching, the psychotherapeutic process and advance body-work techniques. Somatic Emotional Coaching releases the unconscious physical and emotional holding patterns that prevent one from realizing one's full personal and professional potential.

\$100 (60min)

Hypnotherapy

Traditional hypnotherapy for stress relief, anxiety, and other lifestyle changes.

\$75 (60min)

MFR Intensive Retreat (16 hours)

\$1,600 (Save \$175)

- 10 Hours of Myofascial Release Therapy
- 3 Hours of Myofascial Release Co-treatments
- 1 Session of Somatic Emotional Coaching
- 1 Session of Reiki
- 1 Hour of Therapeutic Massage

MFR Mini-Intensive Retreat (10 hours)

\$1,150 (Save \$125)

- 4 Hours of Myofascial Release Therapy
- 4 Hours of Myofascial Release Co-treatments
- 1 Session of Somatic Emotional Coaching
- 1 Hour of Therapeutic Massage

MFR Daily Intensive Retreat (3 hours)

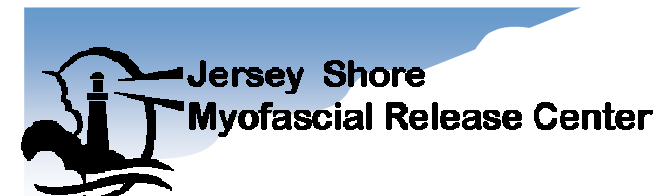
\$300 (Save \$75)

- 2 Hours of Myofascial Release Therapy
- 1 Hour of Myofascial Release Co-treatments

Multi-Session Package

\$500 (Save \$100)

Buy 5 one hour sessions of either Myofascial Release Therapy or Somatic Emotional Coaching and get a sixth one free.



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