

Connecting Touch News

“Healthy Living Through Healthy Touch”

April 2006

About our new e-newsletter... I will be sending it out the first of each month. I have included only the individuals who have expressed interest in receiving email from us. If you do not want to receive it, contact me at jack@connectingtouch.com, and I will promptly remove you from our email list. If you would like to share this newsletter with your friends, please feel free to do so. You can access a printer-friendly version of our newsletter (as well as prior newsletters) at <http://www.connectingtouch.com/ct/newsletter/default.htm>. You can download your choice of a Microsoft word file or a pdf file.

And as always, I thank you for your continued support and encouragement.

Jack Hayes

~Did You Know?~

- Massage therapy on a regular basis reduces stress and muscle tension.
- Massage therapy can increase energy and alertness.
- Headache and migraine sufferers respond well to massage therapy.
- Massage therapy can often produce a more restful sleep cycle.

~Business of the Month...JCSi~



Spring Clean Your Computer FREE Computer Tune-Up* From JCSi!!!

From Monday through Wednesday April 24-26, anyone who receives a massage or buys a massage gift certificate will receive a FREE computer tune-up from JCSi. The owner, Dan Jucikas, said he would give a free computer tune-up to help “Spring Clean” your computer!!! JCSi opened in 1992 and is a full-service computer company that handles all areas of technology for businesses and individuals throughout Northeast Ohio--from computers to networks to websites. For more information, go to <http://www.jcsi.com/index.html>. Remember to thank Dan when you take your computer into JCSi!

*Spring Tune-up includes: Spyware check and removal, virus check and removal, scan disk, disk defrag, general hardware diagnostics and one hour of free service time.

Any software used during these services is not included and will be removed upon completion.

Thank You!!

Customer Appreciation Days

Monday April 17 & Tuesday April 18

~Product Sale~

15% Off All Products

(Including massage tables, massage chairs)

~Massage Gift Certificate Sale~

10% Off All Massage Gift Certificates Purchased

Buy a package of 10 massage gift certificates
and also receive:

- **5 Free Paraffin Hand Treatments (\$60.00 value) and**
- **Free CD (\$12.99-\$16 value)**

Just in time for:

- Secretaries Day April 26
- Mother's Day May 14
- Father's Day June 18
- Graduations
- Weddings

☺ Refreshments

☺ Free gift to first 25 people each day!

~Frequently Asked Questions~

What is Trigger Point Therapy?

Trigger points represent small areas of tightness within muscles, creating tight bands and "knots" or tiny bumps from the contracted muscle fibers. All trigger points cause discomfort when pressed; however, "active" trigger points frequently refer pain to other areas of the body. Pressure to an active trigger point will typically refer the sensation or symptoms to a distinct and predictable target area.

Therapy involves ischemic compression to the point on the body hard enough to stimulate the nervous system and increase circulation to the area, thus releasing the trigger point.

What is Cranial Sacral Therapy?

Craniosacral therapy addresses the craniosacral system. This system includes the cranium, spine, and sacrum that are connected by a continuous membrane of connective tissue deep inside the body, called the dura mater. The dura mater also encloses the brain and the central nervous system. The cerebral spinal fluid rises and falls within the compartment of the dura mata. This movement was called the primary respiratory impulse; today it is known as the craniosacral rhythm (CSR) or the cranial wave.

Craniosacral therapists can most easily feel the CSR in the body by lightly touching the base of the skull or the sacrum. During a session, they feel for disturbances in the rate, amplitude, symmetry, and quality of flow of the CSR. A therapist uses very gentle touch to balance the flow of the CSR. Once the cerebrospinal fluid moves freely, the body's natural healing responses can function.

Do you have a question? Just send it to jack@connectingtouch.com and we will answer it in a future issue. Also, you can go to http://holisticonline.com/massage/mas_home.htm. This site is full of useful and reliable information.

~Calendar~

Drop-In Meditation Classes with Tajalli

2nd and 4th Thursdays 6:30-7:30pm \$15 each or 4/\$48 prepaid

Pamper Your Partner Massage Class with Jack Hayes

First Tuesday of the month 6:30-8:30pm 4/4, 5/2 or 6/6/06

One Saturday a month 2:00-4:00pm 4/15 or 6/17/06

Cost: \$60/couple (bottle of oil and book included)

Reiki Classes with Ed Coyle, Reiki Master/Teach

Reiki I: Sundays 5/21, 9/17, or 10/22/06

Reiki II: Sundays 4/30, 6/25, 10/15 or 11/19/06

9am-6pm, \$150 each or \$250 for I & II

A.R.T. and Reiki Master Level: Scheduled as needed

Tai Chi Classes with Gary Harris

Tuesdays April 25-June 13 5:30-7:00pm \$80

Yoga Classes

Tuesdays 10-11:30am 3/7-4/25 or 5/2-6/20 \$80/8 weeks

Wednesdays 4-5:30pm 3/8-4/26 or 5/3-6/21 \$80/8 weeks

Instructor: Heidi Shaffer

Wednesdays 6-7:30pm 3/8-4/26 or 5/3-6/21 \$80/8 weeks

Instructor: Betty Zelnar

His Grace Fellowship Bible Study with Rev. Gary Brancho

2nd and 4th Mondays 6-7pm, no charge

Build Your Business Seminar presented by Jack Hayes

Sunday May 7, 2006 9:00am-1:00pm \$75

Hypnotherapy Sessions with Denny Saralino

Group sessions: 11:30am-1:30pm \$50

Weight loss: Call for date of session

Smoking cessation: Call for date of session

~News from CTT~

Jack Hayes is partnering with local businesses (see page 2 for the free computer tune-up offer) to bring you special discounts and freebies. Watch for future events.

~Community Room~

We have a Community Room in which we hold our classes, and we also rent out this room. If you or your organization is looking for a meeting room, contact us for availability. Great for meetings, bridal showers, birthday parties, etc. **Wireless Internet available.** Call 330-945-9354 for details.

~About Connecting Touch~

Opened in 1995, we employ only individuals who are licensed or certified in their field of practice, thus providing a high level of service. We offer massage therapy, Reiki and group Hypnotherapy treatments. We provide Yoga, Tai Chi, Meditation and Reiki classes, and we now offer a Monday evening bible study. We are open 7 days a week.

Massage Hours.....Monday–Friday 9:00 am to 6:30 pm
Saturday 9:00 am to 5:00 pm
Sunday 11:30 am to 4:00 pm

Store Hours.....Monday-Saturday 9:00 am to 6:00 pm
Sunday 11:30 am to 5:00 pm

~Know Your Therapist~

Each month we will feature one or two therapists

Steve Honn, LMT

- Licensed 2 years and has worked here 1 year
- Deep Tissue
- Myofascial Release
- Neuromuscular Technique
- Reflexology

~Types of Massage~

There are many types of massage techniques. Our therapists are trained in many modalities, some of which are listed below. This is not an all-inclusive list.

- Relaxation Massage
- Cranial Sacral
- Deep Tissue
- Fibromyalgia
- Geriatric Massage
- Myofascial Release
- Neuromuscular Therapy
- Polarity
- Pregnancy Massage
- Reflexology
- Reiki
- Shiatsu
- Sports Massage
- Trigger Point

~Comments~

“Loved the newsletter. And love your Magnificent Monday messages too.”

“I finally am pain free! I had chronic back pain and the massage therapy treatment did wonders. Thank you.”

Do you have any comments or suggestions? Just send them to jack@connectingtouch.com

~Staff~

Massage Therapists

Michael Hale
Theresa Hastings
Jack Hayes
Steve Honn
Mark Lamson

Suzy McElhattan
Bill McKinnon
Jennie Peterson
Hallie Unkel

Reiki Master/Teacher

Ed Coyle

Office Staff

Jack Hayes.....President
Katie Hayes.....General Manager
Nikki Hayes.....Office Manager

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