



Caring Palms Massage and Reiki Newsletter

March 2007

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Greetings!

Welcome to the March issue of the Caring Palms newsletter. February was a slow month as it traditionally is. We are looking forward to increased business in the month of March and through the rest of the year. This month we have our last modality of the month (Hot Stone Massage). After that we will be rerunning what we have already done, and adding new ones as we grow. We also have an updated Reiki class schedule, a letter from Florida Health Freedom, and a couple short articles for your perusal. We hope you find what we have here enjoyable.

Caring Palms Now Offering Temple Lomi Lomi

Last month, this newsletter reported how Brian attended classes in Hawaiian Temple Lomi Lomi, a wonderful style of massage if one is looking for relaxation. Since that time, Brian has completed a number of practice sessions, and feels competent doing this style of massage.



Therefore, Caring Palms is now offering Temple Lomi Lomi as part of the regular massage lineup. If you want a very relaxing massage session, come in and try Hawaiian Temple Lomi Lomi.

[Temple Lomi Article](#)

Modality of the Month

Hot Stone Massage

Hot Stone massage is a unique style where heated rocks are moved over the body allowing the heat to sink into the muscles. Although deep work is not usually done with Hot Stone, the heat penetrates to make the muscles relax and feel better.

There are several types of Hot Stone massage and like other massage styles, these change with each therapist that does the work. Probably the most known style is called La Stone which was based on the types of massage done by native American Indians. They used hot and cold stones to create a relaxing experience. Marie Hannigan took this information and created La Stone from it as she was hurting her hands doing a lot of deep tissue work. With the stone, it gave her a tool to go deeply with while the heat penetrated

and softened the muscles.

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Reiki Class Schedule

The following is a list of currently scheduled Reiki Classes. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. The current schedule is as follows:

Reiki 1

March 10 (Saturday) 11am - 5pm

April 14 (Saturday) 11am - 5pm

May 26 (Saturday) 11am - 5pm

June 23 (Saturday) 11am - 5pm

July 14 (Saturday) 11am - 5pm

Reiki 2

March 24 (Saturday) 11am - 5pm

Special Note: Reiki 2 classes are hard to schedule because they require a minimum of two students for Group Healing.

Although not confirmed yet, this date was set at the request of three Reiki 1 students. I expect this class to take place. If you are looking to take Reiki 2, don't miss this opportunity.

All classes are open to anyone wanting to learn this unique method of hands-on healing. The cost for each class is \$100 no matter what level of Reiki the class is for. A 50% deposit (\$50) is required a minimum of seven (7) days prior to the class date (or permission of the instructor) to reserve a space in the class. Classes with no deposits received by the deposit date will be cancelled. All class statuses may be viewed on the Reiki side of the web site under 'Class Scheduling and Schedule of Classes'.

A Letter From Florida Health Freedom Action

Dear Health Freedom Supporter:

We are writing to update you about Florida Health Freedom Action's activities and its challenges.

Comcast TV, a local CNN affiliate, recently interviewed State Representative Rene Garcia and Terry Rogers, Florida Health Freedom Coalition's president. Terry is a Reiki practitioner and

educator.

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Caring Palms Referral Discount

Since most massage business grows by word of mouth more than any other type of advertising, Caring Palms would like to encourage you to promote our business. First, we hope that you enjoyed any session or class you may have had, and that you would tell others how much you liked it. To thank you for doing so, Caring Palms offers a referral incentive. For every person coming in for a session or class and giving your name as the person that told them about us, you will receive \$5.00 off your next purchase. This discount is good on purchases of sessions or classes, gift certificates, jewelry, or Biofreeze. The best thing is that it is cumulative. Send two people our way and get \$10.00 off you next purchase. Send five people and get \$25.00 off. This is one of the standard discounts we offer to help save you money. For additional information, go to the website and look under "Session Pricing".

Courage

by Brian Dean

Here is another proverb to think about: A ship in the harbor is safe, but that is not what ships are built for.

This is so very true about a lot of things. But we're not talking about sailing here. We're talking about courage. Courage to do the things you were meant to do. Or courage to do the things you should be doing.

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Mistakes

by Brian Dean

The greatest mistake you can make in life is to be continually fearing you will make one.

Mistakes. We all make them. Hopefully we learn from them. If we don't make mistakes, we never learn. We are all afraid of making mistakes whether they are in our taxes, checkbook, family life, professional life, or just life in general.

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Use this area to provide your subscribers information about your organization.

Sincerely,

Brian Dean
Caring Palms Massage and Reiki