

For more information,
or to make an appointment call:
952•920•0327

* Psychotherapy

An intimate process of self discovery, conflict resolution, healing and rejuvenation.

Psychotherapy	1 hour session	\$90
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* Akashic Records Consultation

The Akashic Records are the individual records of a soul's journey from the time of its inception. There is a field of energy that records every thought, word, emotion, and action from the moment of a soul's birth. That field of energy is the Akashic Records. Akashic because it is composed of Akasha (the energy substance from which all life is formed) and Records, because its objective is to record all life experience. The Akashic Records are an invaluable tool in helping us understand our life purpose, experiences, blocks and patterns. We can look at why we addictive patterns, why we choose the relationships we do, why we have created our habitual responses and how to heal present situations and create peace in our lives. They can assist us in seeing any situation, problem or challenge with greater insight and clarity. The healing energy of the Akashic Records allows us the freedom to choose grace in all things and is one of the most powerful tools available to help us connect more deeply to our true essence.

Akashic Records Consultation	1 hour	\$90
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Akashic Records Consultation	1.5 hrs	\$135
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* Ayurveda

Ayurveda is a Sanskrit word which means 'the science of life.' It originated in ancient India over 5,000 years ago. The principles of many natural healing systems now familiar in the west, such as herbal medicine, polarity therapy, Chinese medicine and acupuncture, have their roots in Ayurveda. Ayurveda is a comprehensive natural medicine, holistic in nature that addresses all aspects of body, mind, and spirit.

At Rejuvenation and Renewal Centre a variety of ayurvedic approaches to health and healing are incorporated. These may include diet and nutritional advice, herbal medicine, cleansing and purification, meridian/marma therapy, medicinal oils, aromas and other ayurvedic modalities all specifically chosen and customized for you and your body type. Ayurvedic pulse analysis is also used to determine areas of imbalance. Ayurveda is extremely beneficial for anyone experiencing any kind of physical, emotional, or mental discomfort or imbalance as well as anyone wanting to actively participate in preserving health and preventing disease.

Meridian/Marma Therapy

An ancient, powerful ayurvedic art of harmonizing the life energy in the body. It stimulates the body's vital energy points to help heal, rebalance and rejuvenate the mind and body.

Benefits may include increased energy, clarity and peace of mind, reduced stress, stronger immune system, better sleep, detoxification, reduction in physical and/or emotional pain, reduction in anxiety and depression, trauma healing and inner strength.

Ayurveda	1 hour session	\$81
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Ayurveda	1.5 hour session	\$126
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* Therapeutic Massage

A relaxing body massage to assist in releasing toxins, improving circulation, relaxing and renewing the body. Helps release built up stress within the body and helps open the channels of healing.

Therapeutic Massage	1 hour session	\$72
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Other Available Services

Chi Machine

Developed over 38 years of research by a Japanese Physician, the Chi Machine is an amazing way to revitalize the energy in the body, restore balance, improve circulation and eliminate stress. It is designed to open vital energy channels in the body known as meridians. The Chi Machine can be used in combination with other therapies and is good for weight loss, diabetes, insomnia, depression, anxiety, fatigue, detoxification constipation, menstrual pain, fluid retention, back pain, poor digestion and more.

The Far Infrared Dome

A powerful way to heal, renew and detoxify the body. The Infrared Dome works as a body purifier, breaks up old patterns, increases blood flow, and regenerates new cells. It facilitates deep healing and greatly improves the immune system. It is known to be helpful in healing viruses, parasites, back, shoulder, and muscle pain, high blood pressure, rheumatism, arthritis, cancer, fibromyalgia and other health concerns. The dome can be used in combination with other therapies.