

EQUILIBRIUM BODYWORK - A NEW HOME



Dia Lynn has been working at the Seaside Yoga Studio in Salinas since December 2014. You are invited to visit me in Salinas for Structural Integration or Medical QiGong.

44 Plaza Circle (behind Ace Hardware in the Star Plaza Center)

Office hours are upstairs **Monday Wednesday, and Friday. Call 831 601-3338**
On Fridays 12:30 - 1:30 you could also take a FREE community yoga class here.

I continue to practice Dr. Ida Rolf's classic 10 series called Rolfing, and the 5 series of advanced sessions. Additionally I can perform individual sessions of deep tissue manipulation for specific muscle/bone, postural complaints.

In alignment with the Eastern teachings of yoga, I also perform energy clearing sessions using Chinese Medical Qi Gong for which I was certified in 2001.

My fee is \$120.00 for a 90-minute session. A percentage of my fee goes to support the yoga studio and their curriculum.

Thank you for being loyal clients and I hope to see you or friends you refer very soon.
I wish you all the best,

Dr. Dia Lynn, Certified Advanced Rolf Practitioner
Master of Medical QiGong

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