

CHRISTY BLOHM

Christy is licensed as an AMTA massage therapist, a certified yoga teacher and yoga therapist, and a student of Ayurveda. She specializes in stress reduction, deep tissue work, and active and passive stretching. With a personal yoga practice spanning 25 years, Christy brings experience and a deep understanding of yoga to the mat. Drawing from the traditions of Hatha, Vinyasa, Flow and Yin, our yoga classes are creative and mindful. A true native Montanan, Christy is delighted to call Montana home, once again, after much time in the mountains of Colorado and various places around the globe.

THERAPEUTIC MASSAGE (\$100 for 60 minutes or \$150 for 90 minutes)

Customized treatment focused on a specific need or injury. This session covers areas of concern such as the lower back, hips, neck, shoulders, legs or feet. Utilizes techniques of various strokes, deep tissue, trigger points and stretching to provide relief from acute and chronic pain.

RELAXATION MASSAGE (\$100 for 60 minutes or \$150 for 90 minutes)

Relax and rejuvenate with this classic full-body massage! Based on Swedish massage strokes, passive stretching and the healing properties of essential oils, this treatment will melt stress away, and return energy to the body. Include scalp and facial massage for an extra treat!

PRIVATE YOGA SESSION (\$100 for 60 minutes, \$150 for 90 minutes)

Private sessions available with Christy to enhance your yoga practice. Proper alignment is key to achieving the highest benefit from the postures, and to avoid injury. We will work together through observation and repetition of postures. Yoga as therapy can be used to address areas of concern.