

# massage

**3 Talented  
Practitioners  
\$70.00/Hour.**

## Emily Crawford

is a licensed massage therapist with eight years experience. She specializes in deep tissue therapy with a focus on self-awareness and client participation. Emily is also a certified yoga instructor, teaching at Portland Pilates on Thursday evenings at 6:45 pm.

Emily is at Portland Pilates on Wednesdays.

Please call to book her directly at 415-3123.

## Sage Hayes

has moved back to Maine after spending two years teaching and studying at the Heartwood Institute in Northern California. Sage offers visionary bodywork: Swedish massage, cranialsacral work, somatic experiencing (clearing trauma from the nervous system), and intuitively clearing blocks within your body.

Sage is at Portland Pilates on Tuesdays.

Please call to book her directly at 939-7699.

## Mindy Ray

Since April, 2000 Mindy has enjoyed the privilege of sharing with hundreds of people the profound healing benefits of therapeutic massage. Mindy provides Swedish, deep tissue, trigger point, positional release and injury work.

Mindy is at Portland Pilates on Mondays, with

some weekend availability.

Please call to book her directly at 878-0792.

# Portland Pilates

***\$10.00 off your first visit  
for Portland Pilates clients!***

