



Massage, Bodywork and other Modalities Offered at QuietStar

Note: as our practitioners work intuitively with your body, mind and spirit techniques might be combined to create just what you need at the time! Please ask us. The last page contains of chart of which of our practitioners practices these techniques. More information on our practitioners and links to online scheduling can be found at www.QuietStar.com, or by calling us at (805) 783-2662.

Energy and Healing Sessions	Bob	Elaina	Robin	Yvonne	Chuck	Laura Lee	Ron
BowenWork™	x						
Myotherapy (Bonnie Prudden Myotherapy®)						x	
Crystalline Consciousness Technique™				x			
LightBody Integration				x			
Reconnection, The			x				
Reconnective Healing®			x				
Soul Path Alignment™		x			x		
Chakra Clearing/ Balancing		x	x	x	x		
Sound Healing	x	x	x	x	x		
Vibrational Healing		x		x	x		
Aromatherapy		x					
Shamanic-LightBody Healing							x

Massage and Bodywork Sessions	Bob	Elaina	Kathy
BowenWork™	x		
Hawaiian LomiLomi Massage	x		
Transformational Massage		x	x
Swedish Massage		x	x
Hydrotherapy		x	

Coaching and Counseling Sessions	Elaina	Kathryn	Yvonne	Katie	Margaret	Chuck
Spiritual Counseling	x		x			x
Life Coaching	x					x
Individual Counseling		x				
Family Counseling		x				
Creativity Coaching				x		
Educational Counseling		x				
Transformational Arts	x	x			x	
Soul Path Alignment™	x					x