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Wellness and Movement

Licensed Massage Therapist Gina Otis works one on one to decrease muscular tension, provide sensory input, stretching, and movements to decrease anxiety, stress, and overall health.

Rates:

30 Min 1:1 class - 40.00

60 Min 1:1 class – 75.00

**All classes are open to the public
and for all ages and abilities!**