

# Myofascial Release

This gentle, cutting-edge treatment addresses the fiber-optic connective tissue of your body to free you from holding patterns of pain and restriction and restore your freedom of movement.



# True Body Alignment

Learn how the following diagnoses (and many more) are created by poor body mechanics and how to reverse these degenerative effects.

plantar fasciitis	bunions
hammer toes	joint pain
pelvic floor disorder	incontinence
headaches	TMJ syndrome
pulmonary and cardiac disease	



## SANCTUARY

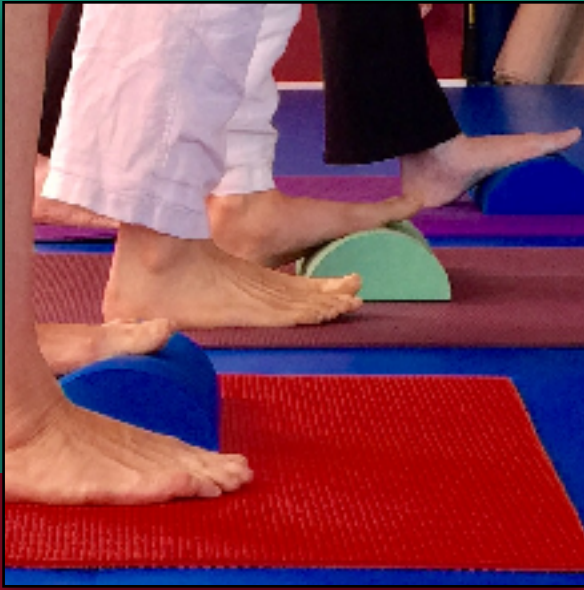
305 E. Matilija St. Suite K  
Ojai, CA 93023  
805-640-9111  
ohmsanctuary.com



## SANCTUARY



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## Classes

Monday, Wednesday, and Friday

10 am

with Ronelle Wood

(pre-register to follow location changes)

True Body Alignment™

Single Class/\$15

6 Class Pass/\$66

10 Class Pass/\$100

15 Class Pass/\$135

(Auto Renew for Further Discount)

(All Class Passes Good for 6 Months)

**BUSINESS MISSION STATEMENT:**



## Additional Items

- Far-Infrared Dry Sauna
- Power Nap
- Full Body Vibration Machine
- Private True Body™ Instruction
- Kalso Earth Shoes
- True Body™ Equipment
- Yoga Tune-UP™ Balls
- Foot Alignment Socks
- Balance Ball

*Helping those in our community return to their peaceful center.*



## Sessions

Myofascial Release

**Ronelle Wood**

60 min/\$190

90 min/\$250

**Joe Cocke**

30 min/\$65

60 min/\$105

90 min/\$145 120 min \$180

**Ronelle & Joe**

60 min/\$275

90 min/\$400 120 mins/\$500

*When purchased in groups of 5, and used within 45 days, the 5th one is free*