

Address correction requested

- **Balance your life**
- **Relieve stress**
- **Build body awareness**
- **Empower yourself**
- **Gain flexibility and range of motion**

Bodywork

Center for Wellness Therapies
2040 Regency Rd., Suite A
859-536-1322

Yoga

Monday 12:00 to 1:00 p.m.
YMCA, 239 E. High Street

Monday 5:15 to 6:30 p.m.
Newman Center, 320 Rose Lane

Tuesday 6:45 to 8:00 p.m.
YMCA, 239 E. High Street

Wednesday 6:00 to 7:15 p.m.
Artemesia Acupuncture
Corner of Southland Dr. and Eastway Dr.

“After a massage treatment from Karen, I feel like every cell and fiber in my body is nourished and cleansed. My spirit and soul regain its vibrant zest for life”

Sin Kwang The'
Shaolin-Do Grand Master

Karen DiGirolamo, LMT
2040 Regency Rd., Suite A
Lexington, KY 40503



Living Well

Karen DiGirolamo LMT



Empowerment through
body awareness



Yoga an exploration of self

The visible, physical element of yoga is only an outward sign of the total growth taking place. Powerful internal changes such as stillness of the mind, greater awareness of the body and a stronger spiritual connection take place with a consistent yoga practice.

• **Spiritual Aspect**

When you practice yoga you turn your attention inward, letting go of the external world. Working from the sacred space within, you experience union of your humanity and divinity. Your connection to God becomes experiential.

• **Physical Aspect**

Yoga increases body awareness, bone density, muscle tone and strength. You will improve your range of motion, flexibility and balance through your yoga practice.

• **Mental Aspect**

Yoga teaches you appreciation, respect, love and compassion for your self and others. Yoga instills in you a state of peace and well-being that overflows into your outer life, expressing yourself from a centered state, improving your relationship with others.

Give the gift of touch
Gift certificates available

Massage a means of self-care

Massage is a wonderful way to keep your being in a healthy state of balance. There is no more compassionate way to care for yourself and the benefits are numerous.

• **Physical Benefits**

Relieve muscle tension and stiffness
Reduce muscle spasms
Lower blood pressure
Relax deeply
Improve posture
Strengthen immune system
Reduce pain
Improve sleep

• **Emotional Benefits**

Enhance self-image
Reduce levels of anxiety
Increase mind & body connection
Greater ease of emotional expression

• **Mental Benefits**

Reduce stress
Improve mental focus
Achieve mental tranquility
Attain mental equilibrium

CranioSacral a gentle journey toward balance

Visionary CranioSacral Work creates an open heart, a clear mind, and a free body. By locating restrictions caused by physical, mental, and emotional trauma, this work helps to restore the integrity of the subtle movements within the craniosacral system.



Karen DiGirolamo is a licensed massage therapist and is trained in Visionary CranioSacral Work. She has maintained a private practice in Lexington Kentucky since 1999. The experience of teaching hatha yoga for almost a decade has equipped Karen to support a wide diversity of individuals with wisdom, skill, and compassion. Karen is passionate about assisting individuals in their journey toward good health and wellness.

859-536-1322
karen@jdigiolamo.com

"Karen is both healer and teacher. I came for massage because living so much in my head was hurting my neck, and she guided me toward yoga, an ongoing path to health and joy. If you want to feel better, don't wait. Call today!"

George Ella Lyon, Kentucky Author