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## “Healing Arts With Brianne!”

With Brianna Beauregard, AP, 200hr NYT, CLE, ME

What: Healing Arts With Brianne

When: Tuesday, August 8th from 11-7pm

Where: Everything Zen, 495 Gold Star Hwy, #320, Groton

RSVP to Holly at 860-861-8978



Brianna Beauregard, AP, 200hr NYT, CLE, ME, has been in the Healing Arts for over 16 years. Much of her education has been acquired in India, in the fields of Ayurvedic medicine, Panchakarma therapies, yoga asana, nada yoga (yoga of sound), pranayama (breath work) and meditation. Brianne has a background in holistic nutrition and skincare, but most recently specializes in traditional Indian bodywork (panchakarma treatments), sound therapy and meditation. She has studied Sanskrit and mantra extensively and loves sharing these ancient teachings with those interested in diving more deeply into their own daily practice. Brianne also loves infusing a variety of treatments into one session, offering a deep and full experience for each person she shares time with, and allowing each person to get a taste of what Ayurveda has to offer.

**ABHYANGA**—A traditional Ayurvedic treatment performed with warm herbal oils. The oil is massaged into the body with steady long strokes to reduce the qualities and lightness (Vata dosha) in the body and improve lymphatic flow. Abhyanga is known to reduce stress and anxiety, increase softness of the skin, improve lymph movement, and replenish the tissues of the body while promoting healthy circulation. A profoundly grounding treatment, specific for calming the mind and nervous system. This treatment is for 90 minutes at \$130.

**MARMA POINT THERAPY**—Marma points are specific spots on the surface of the body that correlate with internal organs, channels and energy centers. This therapy is both preventative and therapeutic in cases of disease. Pressure is skillfully applied to specific Marma points, and the use of sound or vibrational healing is infused into this treatment by using Tuning Forks. This treatment helps to open and clear all energy centers, promoting a calm mind and nervous system, along with a deepened sense of balance and grounding. This treatment is for 75 minutes at \$108.



For more information on Brianne, go to her website at [www.briannebeauregard.com](http://www.briannebeauregard.com).

Everything Zen

Located at 495 Gold Star Highway, Ste. 320, Groton, CT  
[www.everythingzenmassage.com](http://www.everythingzenmassage.com)

# Feel Better & Look Better!