

# ST. GEORGE HEALING ARTS CENTER

208 Bay Street 2nd floor Staten Island, 10301 info@stgeorgehealingarts.com

## Fees and Services 2010

### **Moonwater Massage – Tuesdays, Saturdays 347-538-0069**

Swedish Massage – One hour session	\$75
<i>With Promotional Flyer</i>	\$65!
Deep Tissue Massage – One hour session	\$85
Hot Stone Massage – One hour session	\$90
Relaxing Chair Massage	\$1/minute

### **Karuna Wellness – Wednesdays, Thursdays 347-400-5040**

Reiki – *includes breath-work, intention setting, deep relaxation treatment, chakra re-balancing, and nutrition and lifestyle recommendations.*

One hour session	\$65
<i>Sliding-scale in case of financial need</i>	to \$50
Four Sessions	\$220
Holistic Nutritional Consultation	FREE initial session!
Yoga classes (6-week series)	\$70
Private lessons	\$50

### **St. George Acupuncture – Mondays, Fridays 212-465-7336**

Acupuncture and/or Tui Na (Chinese medical massage)	\$50
<i>Sliding scale in case of financial need</i>	to \$30
Chinese Lifestyle Medicine Consultation (Free with acupuncture/Tui Na treatment)	\$20
<i>Lifestyle Medicine Includes:</i>	
Chinese Herbal Medicine	
Pills, granules and raw herbs	\$5 to \$20 for week's supply
Chinese Diet and Lifestyle Therapy	
Qigong and other meditations	

### **Sundays at St. George –**

**Free**

Classes, meditation sessions and discussion groups.

See our online schedule at [stgeorgehealingarts.com](http://stgeorgehealingarts.com)!

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**“Our mission** is to provide low cost, high quality holistic treatments to address the physical, emotional and spiritual needs of our community.”

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Please note that there will be a fee for cancellation with less than 24 hours' notice.