



# Breathe Your Chi, LCC

Volume 2, Issue 3

September/October 2006

## Welcome Message

As of October 1, 2006 the State of New Jersey is charging massage therapy with a 7% sales tax.

If you have a doctors prescription for massage therapy the state will not charge tax as the massage would be a necessity. If you get a prescription please bring it with you to your session.

Starting December 1, 2006 I will be offering Hot Stone Therapy. I am looking forward to offering this modality as I know it will be very relaxing and rejuvenating to most.

I have moved my location from Somerset to East Brunswick. My new Address is:

Gretel Seham, MT, CST, RMT  
35 Cornell Drive  
East Brunswick, NJ 08816  
(732) 266-8078

Breathe Your Chi, LLC  
Gretel Seham, MT, CST, RMT  
35 Cornell Drive  
East Brunswick, NJ 08816  
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**Benefits of Massaging Scar Tissue:** Most of us have been injured in some way or another. Some of us have been in car accidents, have fallen, or may have had surgery. What most of us don't realize is that if we don't massage the injury we might have pain that gets **worse** over time from our injuries. The reason is because there is a lining over the muscle called **fascia**. Fascia protects the muscle. It works like saran wrap. When the food moves or gets disturbed in the wrap the wrap readjusts it self to continue to cover the food. So if you **traumatize** the muscle the fascia will move, wrinkle and then harden to **protect** the muscle. If the fascia isn't loosened over time the muscle under the harden fascia will start to become bone and will lose **flexibility**. If the fascia and muscle are massaged the fascia can start to break up then freeing the more hardened muscle to **loosen** up and become more flexible.

3 1-hour Massage package: \$180.00. 3 sessions need to be booked by September 30 and all 3 sessions used before December 15, 2006.

# Reiki Certification Classes

(Fall 2006 Schedule)

Reiki is an ancient Japanese healing art form. Students will learn about Reiki energy and the healing properties that it has to offer.

## Level 1

Sunday, December 3, 2006  
9:30-5:00 pm

Students will learn how to perform Reiki on themselves, friends, family, and pets. Students will receive a level 1 attunement, handout & certificate

Class fee \$125.00  
\$50.00 non-refundable deposit

## Level 2

Thursday, October 5 and 6  
9:30-1:30 pm or

Sunday, February 11, 2007  
9:30-5:00 pm

After a review of Level 1 students will learn  
\* Long distance healing \* Emotional balancing  
\* 3 Reiki symbols \*  
Students will receive a level 2 attunement, handout & certificate

Class fee \$175.00  
\$50.00 non-refundable deposit

Call or email: Gretel Seham, RMT, MT, CST  
(732) 266-8078 or [gseham@comcast.net](mailto:gseham@comcast.net)  
All classes are held in Somerset  
Mastercard/Visa/Discover/AmEx accepted.

## Level 3/Master Practitioner

Sundays, January 14 and 28s  
9:30 am - 5:00 pm

Students will review Reiki level 1 and 2 principles and practices, receive the Master attunement and learn the Master symbol, Crystal healing incorporating the Chakra system, Ethical and professional behavior in the practice of Reiki and more.

Class fee \$350.00  
\$100.00 non-refundable deposit

## Level 3/Master Teacher

Sundays, November 12  
9:30 am - 5:00 pm

Students will review Reiki level 1, 2, 3-practitioner principles and practices, receive the Master attunement and review the Master symbol, Majority of class time will be learning to pass attunements and business aspects.

Class fee \$250.00  
\$50.00 non-refundable deposit



(Gretel Seham is approved by the National Certification Board for Therapeutic Massage and Bodyworkers as a continuing education provider under category A.)

## Reiki Practice/Share

We had a wonderful Reiki Party/Share on Sept. 10. Everyone brought a dish and we had a practice after. There were newcomers there who wanted to learn more about Reiki and to see if Reiki was something they wanted as a part of their lives.

I hope you will join the upcoming reiki shares.

Bring a Dish!!!

There will be a maximum of 20 people, please RSVP.

Sunday, October 8  
2:00-5:00 pm

Sunday, November 19  
2:00-5:00 pm

Sunday, December 10  
2:00-5:00 pm

## Cranial Sacral Techniques Workshop

TBA

Class Fee \$380 (paid in full by October 1, \$350.00)  
\$100 deposit

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. "Upledger website"

You will learn basic anatomy that affects the cranial sacral system, 10 -12 hand positions while tuning in the cranial sacral rhythm, cranial sacral unwinding, whole body unwinding, and listening skills.

## Raindrop Therapy Workshop

The **Raindrop Therapy Technique** is a powerful, non-invasive tool for helping to correct defects in the curvature of the spine. This technique uses a blend of therapeutic essential oils and a series of massage strokes. When applied, the muscles will loosen and the spine is able to realign and release bacteria and viruses, which might lay dormant. Pathogens create inflammation that results in contraction of the muscles along the spine in different areas, thus contorting and disfiguring the spinal column. During the years it has been practiced, it has resolved numerous cases of scoliosis and kyphosis and eliminated the need for back surgery for thousands of people. It is also an ideal treatment to ease cold and flu symptoms.

Students will Learn:

How to do a full Raindrop Therapy Treatment, including; the history of Raindrop Therapy, dispensing 7 single oils and 2 blended oils over the spine, specific massage techniques to massage oils along the spine and ending with a hot compress for better absorption into the body.

TBA

Instructor: Gretel Seham, MP, CST, RMT

Class will be held at:  
Breathe Your Chi, LLC  
35 Cornell Drive  
East Brunswick, NJ 08816

Cost is \$75.00  
\$25.00 deposit to hold your spot  
Bring a Large Bath Towel



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### Reiki Thought of the Month

There are 7 Chakras that Reiki will effect in a session.

1. Root – 2. Pelvis – 3. Solar Plexus – 4. Heart -- 5. Throat – 6. Third Eye – 7. Crown



### Book of the Month

The Chakra Handbook • By Shalila Sharamon and Bodo J. Baginski  
From Basic Understanding to Practical Application.  
Knowledge of the Energy Centers



### Essential Oil of the Month

**Rose:** Helps to balance negativity. Brings enlightenment and helps the #1 chakra to stay open. Can be worn as perfume.

<http://www.youngliving.us>