

# MASSAGE at Mystic Fitness

**In an effort to encourage mind/body wellness, Mystic Fitness welcomes Greg Haggard, LCMT, as a provider of massage therapy to clients and friends of the center. We invite you to take advantage of his services in our cozy therapy room.**

## The Therapist



Greg believes that mind/body balance is the primary element for maintaining optimum health.

He strives to encourage that balance through relief from pain and muscle tension, as well

as increasing relaxation and emotional balance. Greg's style of massage is a combination of smooth, relaxing strokes along with deeper techniques, gentle stretching and movement, all with the intent of freeing the body from restrictions and tension.

He has worked with athletes privately and through his volunteer work at the Pan Mass Challenge cancer fundraiser, and has provided massage at the Yoga Journal conference in Boston. Clients include individuals recovering from major surgery and long-term illness, as well as those in need of a "tension tune-up".

## The Benefits

If you've ever tried massage, you've already experienced how wonderful it can feel. But did you know that it has some very real physiological effects on the body? Scientific studies have shown that massage therapy can be effective in:

### Reducing

General tension  
Chronic pain  
Muscle tension and spasms  
Blood pressure  
Headaches  
Heart rate  
Depression  
Anxiety

### Increasing

Muscle flexibility and tone  
Immune system activity  
Body awareness  
Digestion

### Rates:

1.5 hour initial meeting \$100.00  
(interview and massage)  
1 hour massage: \$75.00  
1.5 hour massage: \$100.00

**For appointment availability and scheduling, please contact Mystic Fitness at the front desk, or call (508) 820-YOGA.**

**You may also contact him directly:**

**Gregory Haggard**

**Licensed, Certified Massage Therapist**

**email: [ghaggard@rcn.com](mailto:ghaggard@rcn.com)**

**cell: (508) 380-3445**