Written by Arizona Foothills Magazine Wednesday, 30 May 2012 11:29 - Last Updated Wednesday, 30 May 2012 11:48

When you want your mind, body and spirit to feel healthy, yoga and massage are both great ways to achieve that. Both are available in a variety of formats, starting with the ancient art of yoga:

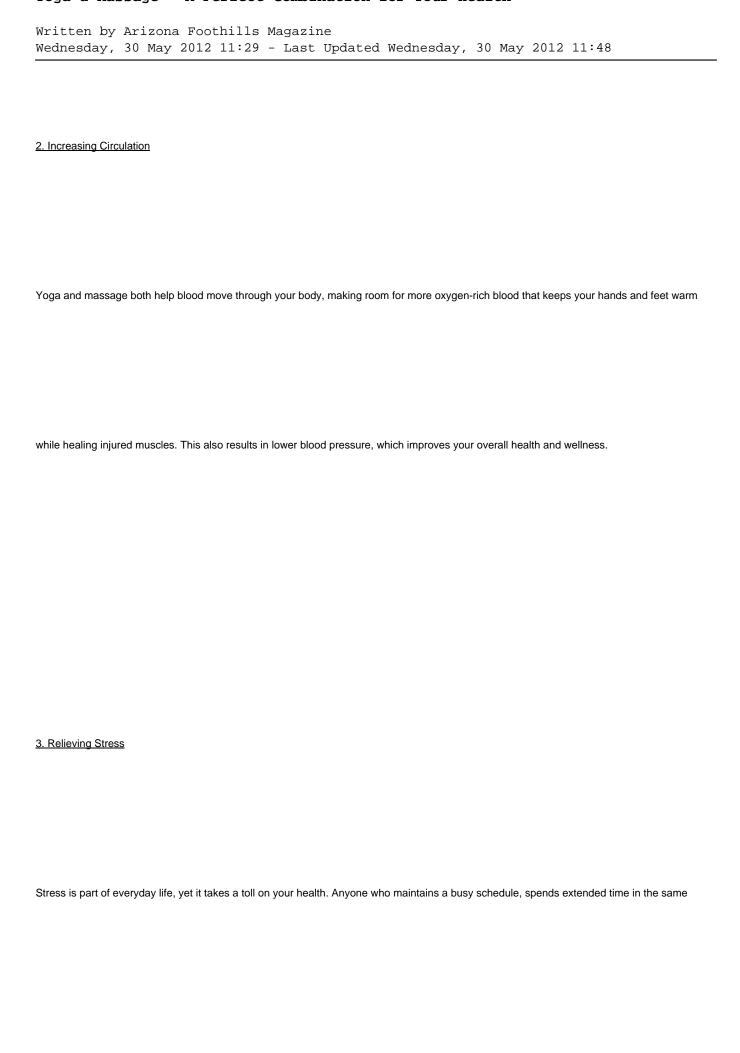


* fast-paced <u>Ashtanga</u> or <u>Power yoga</u> gives you a workout	
* hot Bikram yoga makes it easier to move and stretch	
* slow and gentle <u>Hatha yoga</u> sets a comfortable pace	
* prop-using <u>lyengar yoga</u> helps align your body correctly	

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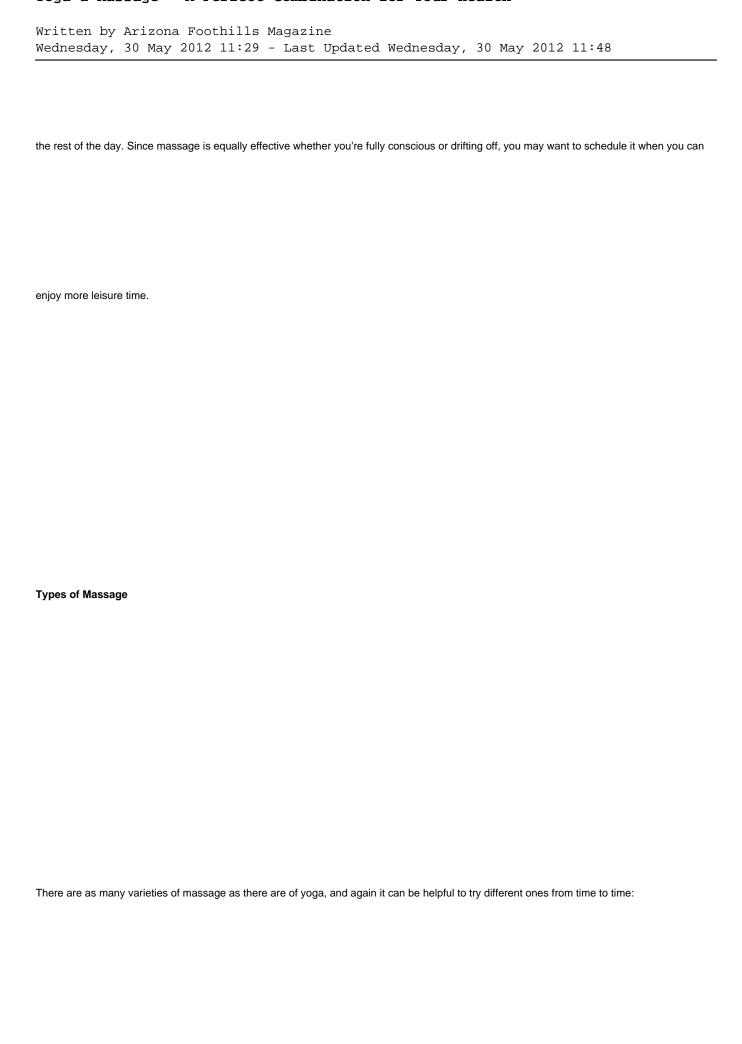
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* chakra-freeing <u>Kundalini yoga</u> releases energy inside	
* vigorous <u>Vinyasa yoga</u> warms you up for intense stretching	
* numerous <u>other types of yoga</u> offer their own benefits	
If you're not sure which type of yoga suits you, it's a good idea to try several. While each one offers different advantages, yoga just	
like massage is known for three key benefits:	











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* Aromatherapy combines massage with scent to encourage relaxation or invigoration
* <u>Cranial Sacral</u> concentrates on the skull, jaw and scalp to relieve headaches or TMJ
* <u>Deep Tissue</u> releases chronic tension in the deepest layers of muscle and tendons
* Hot Stone uses smooth, warm stones to increase muscle relaxation and blood flow
* Maternity addresses the comfort and health of both the pregnant woman and her baby

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* Sports relieves the strained muscles, boosts recovery and helps prevent further injury
* <u>Swedish</u> is the most commonly chosen type of massage, with slow and gentle strokes
* <u>Trigger Point</u> targets specific muscular pain through isolated pressure and release
Taking Precautions







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 $balance\ of\ health\ and\ wellness\ by\ scheduling\ a\ facial\ or\ massage\ at\ one\ of\ the\ \underline{Phoenix\ Massage\ Envy}}\ area\ clinics.]$