

Services and Fees

Re-educating the body is a process that does not happen all at once. For more complete lasting results it is recommended that you commit to a series of 5 regular sessions/lessons.

Each session is personalized to meet your particular needs.

Private Ortho-Bionomy® sessions or Bones for Life® posture lessons :

\$ 40 for 30 min.

\$ 75 for one hour

\$ 65 if you book 5 1hr sessions/
movement lessons

\$ 70 per hr for Chair Massage on site

I love to educate the public about these modalities. I am available for health faires, group classes, workshops, and demonstrations.

Class fee info is available on my website.

Contact Information:

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Ortho-Bionomy Practitioner

Certified Bones for Life® Trainer

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Anne understands what it means to recover from intense and debilitating physical pain. Having experienced this condition herself, she has searched for ways to be healed as well as ways to help others. She has received training in various modalities of bodywork and self-care.

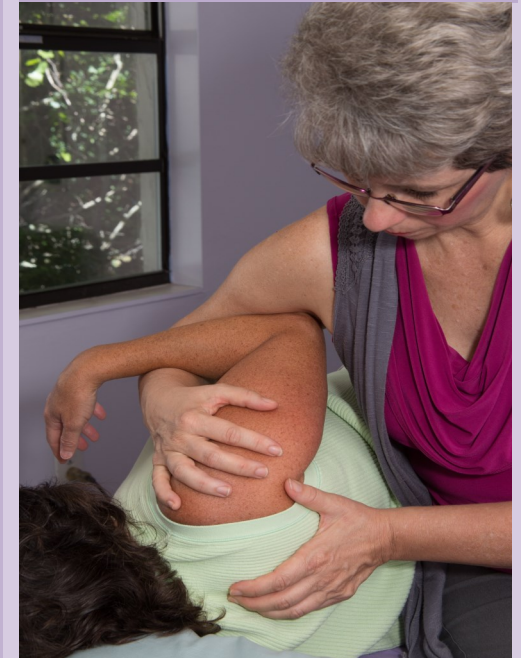
Anne M. Andrews graduated from the Florida School of Massage in 2003. Born in Colombia, South America, she is fluent in Spanish. Prior to that she worked as an administrative assistant and developed disabling physical and emotional pain due to working at a desk.

She specializes in **Ortho-Bionomy®** and **Bones for Life® (BFL)** and combines her skills and knowledge of both methods to relieve pain and restore ease of movement to your body. Ortho-Bionomy® and Bones for Life® are two gentle systems of healing that remind the body of its natural capacity to self-correct and come back into balance providing relief from pain and discomfort. Both methods were transformational for Anne.

Anne is an approved Florida State CE credit provider for massage therapists. She also offers NCBTMB credits through Ortho-Bionomy in Florida, an approved provider by the National Board for Therapeutic Massage and Bodywork.

Wellness with Anne

Helping others improve their well being through awareness, movement education, and bodywork



- **Do you have chronic pain?**
- **Would you like to be able to exercise or be active again?**
- **Would you like to improve your posture, strengthen bone, your range of motion, and flexibility?**
- **Would you like to have more energy and vitality?**



When a person gets stuck in a stress pattern due to an injury, trauma, poor posture, or repetitive action, they may no longer be able to self-regulate and come back into balance. As a bodyworker and movement and posture specialist I have discovered two very effective modalities that remind the body how to move away from pain and tension towards greater ease and relaxation. I use two non-invasive gentle systems of healing that can improve your posture, promote bone building strength, and provide pain relief without causing more pain. They had a powerful impact in my own healing and well-being which is why I use these to help my clients. These systems go beyond bodywork and remind us how to be more at ease in our lives and in our bodies, physically, and mentally. They are called

Ortho-Bionomy®
Bones for Life®

Ortho-Bionomy is helpful for many conditions such as:

- ◆ Fibromyalgia
- ◆ Muscle tension
- ◆ Chronic pain
- ◆ Sciatica
- ◆ Tendonitis
- ◆ Whiplash
- ◆ Injuries, strains, sprains
- ◆ Pelvic pain
- ◆ Balance and postural issues
- ◆ Arthritis
- ◆ Insomnia
- ◆ Tennis elbow, golf elbow
- ◆ TMJ
- ◆ Recovering from surgeries
- ◆ Plantar Fasciitis
- ◆ Frozen shoulder
- ◆ Scoliosis
- ◆ High Stress
- ◆ Thoracic outlet syndrome

Bones for Life Benefits:

- ◆ Improve the quality of walking, standing, sitting, sports, exercises, and other daily activities
- ◆ Recover your balance, flexibility and coordination
- ◆ Eliminate or reduce painful patterns of posture and movement
- ◆ Reduce neck, back, and shoulder tension
- ◆ Improves posture, balance, flexibility, and range of motion
- ◆ Empower yourself to feel better physically, mentally and emotionally
- ◆ Experience and effortless upright posture
- ◆ Experience a new sense of optimism that comes from having a reliable skeleton
- ◆ Promote stronger resilient bones and healthy joints

- ◆ Changes can be longer lasting because they happen from within
- ◆ Ortho-Bionomy works WITH the body and not against it
- ◆ Your body's own natural self-healing process creates greater balance and alignment
- ◆ Move away from pain and tension towards ease and

