

# THE THERAPY

*What would it mean to you to move with ease?*

*“How would I move if I perceived my life history differently? What do I need to release in order to have more ease in my body?”*

# BY ERIN

## My Clients Learn

- \*to grow in an awareness of body/mind/soul connections
- \*to become actively involved in their own exponential growth
- \*to stay consistently focused on their treatment program
- \*to provide insightful feedback

## My Practice Includes

- \*posture and movement analysis
- \*deep, slow bodywork, massage
- \*stretching
- \*corrective exercise instruction
- \*energy work when requested

## Licensed & Insured

**Erin Michaela Brandt**  
**erintherapy@gmail.com**  
**www.erintherapy.com**  
**(650) 520-1373** *(paid ad)*

*Check my website for Highlands neighborhood walking group info*