

## **Kayla Salazar Minato**

My bodywork style is an intuitive mixture of sports therapy, neuromuscular, energy work and emotional release techniques. I studied at Pacific College of Oriental Medicine in San Diego, California, receiving my associates in applied science and H.H.P at the end of 2011. I am certified Reiki practitioner levels 1 & 2. I have been practicing in Los Angeles, California since 2012, certified and insured.

My goal and passion is breaking down fascia to release tension in the physical body to improve flexibility and circulation throughout all the systems. Awakening the nervous system and allowing for release of emotional memory that gets stagnant and stuck. Cleansing and clearing the energetic bodies to allow and support new positive thought patterns and reconnection of body and mind awareness 💕  
Creating physical, emotional, and energetic harmony and balance!

The last decade has been amazing for the growth of my practice and life.

Having my daughter, now 9 yrs old, brought in pre and postnatal care, structural realignment and the importance of teaching/practicing emotional and body awareness. Opening our hearts into communication of our inner worlds. Relating and building relationships to one other is what enhances our human experience and allows for collaboration in all areas of life. Letting ourselves shine authenticity in our gifts. When we are free to give and receive to and from our community we empower ourselves to thrive!

### **My sessions:**

#### **2hr +**

Full body wring out.  
Custom as intake reveals.  
Using as inspired:

acupressure, reiki chakra balancing, affirmations, toning, meditations, intentional breathing, structural realignment techniques, lymphatic drainage, stretching and traction and much more.

#### **1.5 hour**

This is a standard full body deep tissue massage, desired depth will be communicated and any areas or emotions of significance to be released.

#### **1 hour**

Has the possibility of being a very standard full body relaxation massage with energy work.

*Or*

A relaxing reiki chakra balancing with full body palm pressing and gentle tractions.

*Or*

Sports style full body stretch/decompression session.

*Or*

After we work together deep; as a specific area, tune up/clear out.

**Rate: \$150/hr**