



Intro Class
FOR COUPLES

SIGN UP TODAY!

Class limited to
seven couples!



What Couples Knead

Learn How to Give a Relaxation Massage

If you love massage and want to connect with your spouse or partner on a deeper level, then this beginner's class is perfect for you!

This Couples' Massage Introductory Class is based on simple, easy-to-learn massage techniques. Designed to show you how to take care of your partner's day-to-day aches and pains using soothing Swedish massage techniques that relaxes muscles, reduces stress, and releases physical tension in a non-sexual manner.

WHAT TO EXPECT

You will be working as a group in a private room. Using covered exercise mats on the floor, couples will work on each other under the guidance of a licensed massage therapist. Stretching, body mechanics, and how to leverage your own body weight to give a more effective massage are covered.

WHAT TO BRING

Wear loose comfortable clothing such as shorts, tank tops and sports bras. There is no disrobing in this class but legs, arms, backs and necks should be as accessible as possible. Bring 2 bed pillows. All other materials are provided. (A free 4 oz. bottle of massage oil is yours to keep at the end of class.)

WHEN

Sunday, June 9, 2013 | 2:00pm - 4:30 pm

WHERE

EMH Health & Fitness Center Conference Room
Instruction provided by Margo Gemperline, LMT

FEE PER COUPLE

EMH Member: \$99

Non-Member: \$119

TO REGISTER

Call 440.988.6811 or
stop by the Front Desk.



EXHALE
THE SPA AT EMH