

## IYI Wellness Spa Policies

- We suggest that you arrive 20 minutes before your scheduled appointment.
- Sessions that begin late owing to the late arrival of the guest will end at their scheduled time and are at full price.
- We recommend that you do not eat a heavy meal within two hours of your appointment time.
- For Thai bodywork or Shiatsu, wear or bring loose, comfortable clothing and fresh socks.
- Integral Yoga Institute regrets it cannot be held responsible for the loss or damage of personal articles.
- Please be present. Do not come for treatment if you are experiencing a fever or are under the influence of alcohol or drugs.
- Cancellation policy: If cancellation is necessary, please give 24 hours' notice or you will be charged for the appointment. Emergency cancellations are determined at IYI's discretion. A credit card is required at the time of booking services.
- Gratuities are welcome preferably in cash.

If this is your first time at the Wellness Spa, you will receive a pass for one free yoga class.



**Gift certificates are available for all Wellness Spa services.**

**Discounts of 10 percent are available on packages of five treatments.**

- Bundle of 5 ThaiYoga, 90 min. \$540
- Bundle of 5 Shiatsu or Swedish Massage, 60 min. \$405
- Bundle of 5 Foot Reflexology, 60 min. \$405



**Integral Yoga Wellness Spa**  
*The Spa in Heaven*



**Massage  
Reflexology  
Thai Yoga  
Spiritual Counseling**

Wednesday 10 a.m. – 5 p.m.  
Thursday 3:30 – 8 p.m.  
Sunday 2 – 6 p.m.

227 West 13th Street, New York, NY 10011  
212-929-0585, ext. 88  
iyiny.org Spa@iyiny.org

Appointments are recommended to ensure availability.

# Menu of Services



Massage and bodywork can be as essential to overall health as getting proper nutrition and a good night's sleep. Bodywork also supports yoga practice and meditation by lessening the effects of stress, improving circulation, and calming the mind.

These holistic therapies are proven to aid in maintaining general well-being, boosting energy and vitality, and helping to reduce inflammation, which can be caused by mental tension, emotional upset, environmental poisons, accident, or illness. Bodywork is also a wonderful and pleasurable way to reconnect mind, body, and spirit. It is the perfect gift to your self and your family and friends at any time of year.

Integral Yoga Wellness Spa services complement Integral Yoga's prescription of a regular yoga practice to cultivate and sustain "an easeful body, a peaceful mind, and a useful life."

## LOTUS PALM THAI YOGA

Often described as assisted Hatha Yoga, this well-respected and proven healing art born in the temples of Thailand has roots in both the ancient healing traditions of Ayurveda and Thai Buddhism. Using his or her hands, feet, arms, and legs, the practitioner gently guides the recipient through a series of yoga postures, creating a harmonious and therapeutic "dance," which leads to greater physical awareness, grace, and spiritual energy. 60 min. \$90; 90 min. \$120



## SHIATSU

Shiatsu, whose name is the Japanese word for "finger pressure," is healing massage that uses acupressure techniques along the body's meridian lines, or energy channels. The practitioner applies pressure with hands, thumbs, elbows, and knees. This helps to balance energy flow, increases healthy functioning of the body's vital organs, and relaxes and rejuvenates muscle tissue.

60 min. \$90

## FOOT REFLEXOLOGY

Why not thank your feet for taking you where you want to go? Reflexology stimulates various points in the foot that correspond to the organs and structures of the body, thereby promoting relaxation and internal healing, as well as improving circulation and balance. Gentle pressure is used to wonderful effect while you sit back, rest, and relax. (The shorter treatment of half an hour may be more suitable to those experiencing pain due to chronic conditions.)

30 min. \$50; 60 min. \$90

## SWEDISH AND DEEP TISSUE MASSAGE

A deeply relaxing combination of Western massage techniques designed to ease tension, relieve pain, and improve mobility and muscle tone. The practitioner applies gentle but firm gliding and kneading strokes to loosen muscles and boost circulation and may include targeted techniques to unlock deeper muscles and release knots.

30 min. \$50; 60 min. \$90

## SPIRITUAL COUNSELING

The teachings of Yoga provide a comprehensive understanding of psychology, as well as a path beyond the psychological level of being. With their many years of dedicated practice of yoga, especially meditation, Integral Yoga's counselors will listen deeply and help you explore the ways to make clear, balanced, and skillful decisions in your life. The essence of the yogic philosophy is that you must not blame others for your unhappiness. Blaming yourself is also not productive, but it is possible to learn to take responsibility for how your mind is reacting to the world around you.

Suggested donation: \$30 for a 30 min. session



All of our bodywork modalities are provided by certified/licensed practitioners who are active members of the IYI community and committed to offering the best therapeutic care.

To book an appointment, inquire at the reception desk, call 212-929-0585, ext. 88, or e-mail [Spa@iyiny.org](mailto:Spa@iyiny.org).