

PEACE AT YOUR FINGERTIPS

Self-Acupressure Workshops

- Find and use pressure points with confidence
- Stress and pain relief a fingertip away

Self-Acupressure Workshops are \$50 per person
(*Space is limited. Call to pre-register.*)

Shoulder and Neck

- Simple techniques to relieve stress

Thursday, May 14, 2015

6:30-8:30 PM @ Fourchette in Petaluma

Headaches and Concentration

- Alleviate pain and wake up your brain

Thursday, May 28, 2015

6:30-8:30 PM @ Fourchette in Petaluma

Partner Acupressure Workshops

- Create GRATITUDE with your hands
- Learn to match someone's pressure needs
- Body mechanics to make giving easy

\$90 for individuals / \$150 for you and a friend
(*Space is limited. Call to pre-register.*)

Give Good Shoulder and Neck Relief

- Learn to find the stress and lighten someone's day

Wednesday, June 3, 2015

2:00-6:00 PM @ Main Street Fitness in Penngrove

Give Great Foot

- Foot Massage! Need we say more?

Wednesday, June 24, 2015

2:00-6:00 PM @ Main Street Fitness in Penngrove

"He has such extensive training that he is easily able to impart useful information to students"

- Kathy O'Connor (Chiropractor)

"Joshua offers not only breadth and depth of experience, but more importantly, a profound healing experience."

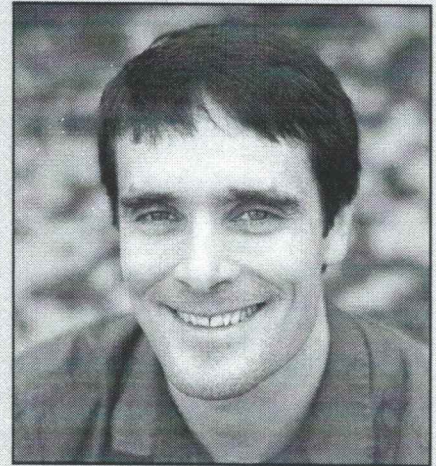
- Nancy Vahinger (Massage therapist)

"For physical discomfort I prefer using natural remedies to medication. Joshua's recommendations have been very effective in providing me with more energy, comfort, and better health."

- Susan Hersey

Joshua Fox

Acupressure/Shiatsu/Massage
Instructor and Practitioner



Joshua Fox enjoys teaching others about the profound benefits of acupressure and shiatsu massage. Since he began his career in 1991, he has provided massage for employees at 3Com, Intel, Kaiser Permanente, Shell Oil, State Farm, Weightronix, Wells Fargo, and countless individual clients.

He taught shiatsu, acupressure, and yoga at the Acupressure Institute, and was responsible for the creation and design of an oriental bodywork training program at the World School of Massage in San Francisco and Pleasanton. He now develops and facilitates workshops to help people experience the healing effects of acupressure in everyday life.

Ahh-Shiatsu
massage

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