

**Need help recovering after a tough workout at müv?**

Schedule an appointment with Teresa to relax with a CranioSacral Therapy session

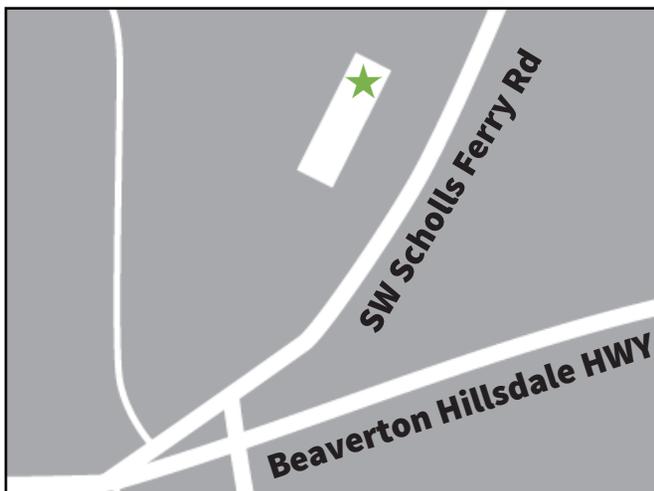
**MARCH SPECIAL**

*1-hour session for \$50 (\$75 Value!)*

**müvtraining members only**

*Healing From Within*

CranioSacral Therapy with Teresa Hasenour



CranioSacral Therapy works with your body's own natural healing process, acting as a catalyst by activating the parasympathetic nervous system.

Clients typically feel rested, relaxed and notice improved sleep after a CranioSacral Therapy session.

**Schedule your relaxing session today!**  
Call or text Teresa at **(815) 238-6876**  
or visit **[www.healingfromwithin.biz](http://www.healingfromwithin.biz)**



*Practicing in Oregon since 2007, Teresa has been a licensed Occupational Therapist since 2004.*

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