

# Metamorphic massage n e w s

## INTRODUCTORY OFFERS

\$50 for one-hour massage  
valued at \$60

OR

4 one-hour massages for \$200  
*(ask when you make your appointment)*

Gift Certificates Available  
Refer a client - you get \$10 off

Injury Rehabilitation  
Sports Massage • Deep Tissue  
Swedish Massage • Chinese Tuina

### *A little about Nikki*

- LMP for 11 years
- Nationally certified massage therapist and member of AMTA, professional association
- Sports massage for athletes at Olympics in Atlanta 1996, Sydney 2000 and Salt Lake City 2002

**International massage** (in addition to Olympics):

**China:** Student of Tuina (massage with acupressure and manipulations)

**Honduras:** Author of *Manual Basico de Masaje Terapeutico (Basic Manual of Therapeutic Massage)* & teacher of massage to village health promoters

### **Insurance**

Preferred provider for Aetna, First Choice/Cigna, L & I, and Regence. PIP (auto accidents).

## “I have a dream” - MLK

“The moment one commits oneself, then providence moves also. Whatever you can dream you can do, begin it. Boldness has genius, power and magic in it. Begin it now.” - Goethe

“In your imagination there are no limits, creating a vision of a limitless future may be just the motivation you need to achieve your dreams. Imagination is the ability to dream big dreams, creating a vision of how you’d like things to be, believing that all things are possible, finding a way to use obstacles to your advantage, not putting limits on your potential, figuring out how to turn ‘no’ into ‘yes!’”

- T. Schwager & M. Schuerger

## *What is your dream?*

For years I have had two dreams – one was to tour with a choir (I dreamed it ever since I was a vocal music major in college) the other was to teach massage in Spanish in more Spanish speaking countries (I dreamed this after teaching massage in Nicaragua and Honduras). Last fall I had the opportunity for these dreams to come true. With the Seattle Peace Chorus I toured Cuba and sang at the International Choral Festival. After that I went to El Salvador and taught massage.



A highlight of the Cuba trip occurred on Thanksgiving when we hosted a reception for about 150 singers, members of the 20 different choirs that participated in the Festival. It was in Santiago de Cuba, where Castro delivered his famous speech starting the Cuban revolution. At

the end of the night, being sadly conscious of the effects of the embargo the US has placed on Cuba for the last 44 years, since Castro has been in power, we all held hands and sang “Freedom’s Coming” and “We Shall Overcome”.

In El Salvador, one of the highlights was the day I was a consultant to Aminta, a massage therapist, who needed help with some

*continued on back*

## “Dream” *continued from front*

challenging clients. After about 4 hours of traveling through the hills, we arrived at her massage “studio,” a corrugated tin shed where farm implements were stored, and where she had a comfortable massage table. The first client was a tiny 70 year old, bent over woman who had fallen 2 years ago and had been treated by an MD, PTs and Aminta. Her left side was compressed with her ribs nearly touching her hip (lateral flexion) and her right shoulder was posteriorly twisted – functional scoliosis. Using Stuart Taws soft tissue release techniques and myofascial stretches, I worked for about 1/2 hour and definite improvement was made. Aminta watched carefully, hoping to be able to replicate the moves I made but they were complex for her and her dexterity was limited. Hopefully she learned enough to carry on the work and the woman will become straightened.

I encourage you to dream of the miracles that lie ahead and follow your passion. Actively watch as the universe opens doors of opportunity and your dreams become reality. Come and share your dreams with me as you get your massage.

### *Valentine's Day Couples Massage Class*

Learn Swedish massage  
Come with a friend, partner, spouse  
Learn from Nikki Nichols LMP, RN, BSN  
Massage therapist at Maya

**Saturday Feb. 14, 2004  
from 2:30 - 5pm**

Maya Whole Health Studio  
701 N. 36th St. Seattle 98103  
206-632-4900  
www.mayawholehealth.com

We'll be working on a beautiful wooden floor  
Bring (per 2 people): 2 sheets, 2 pillows, a blanket,  
and comfy towels or a pad (ensolite, thermarest, etc)  
Wear loose comfortable clothing

**Cost: \$30/person**

Register by Feb 10th and you **save \$5/person**  
The 14th person to register receives a gift

## Winter Sports Massage

**Are you doing Yoga, Pilates or aerobics** a few times a week, or being a weekend warrior, but previously you haven't exercised much?

**Do you ski, skate, snowboard, and/or snowshoe?**

**Do you regularly exercise** and need some fine-tuning?

If the answer is yes to any of the above questions then you want your muscles to perform well and you need to take good care of them.

Sports massage is a great way to help your muscles perform well so you can have more fun. It helps the muscles recover rapidly after exercise and it helps protect them from potential injury. If injury has occurred massage helps you heal faster. For competitors, sports massage helps increase your peak performance by increasing your speeds and decreasing your times.

At the 2002 Salt Lake City Winter Olympic Games some of the athletes came in to our massage clinic daily. As I gave massages to Mykola Skriabin of the Ukraine Alpine ski team, and Michael Voudouris of the Greek Skeleton team they each strongly expressed how valuable massage is to their performance. Each of them get massage as often as possible as part of their training. Voudouris, 41 years old, credited massage for his ability to be performing at his age. (Skeleton is a sport where the participants race facefirst on sleds down a bobsled track at up to 85 mph).

The reason I was invited to do massage at the Olympic Games is because I have developed a specialty in sports massage. My qualifications include taking many advanced classes in sports massage, providing massages for athletes as part of the Washington Sports Massage Team and becoming nationally certified in sports massage.

### **The benefits of sports massage include:**

- **pre-event treatments** which stimulate circulation, calm nervous tension and prepare an athlete for maximum output
- **post-event treatments** which relieve soreness and assist in the removal of lactic acid;
- **training (or restorative) treatments** which focus on trouble spots and soft tissue stress points to prevent chronic injury from developing.

In addition to receiving massage, some other things you can do for yourself to make your sports experiences more enjoyable are stretching before and after an event. *Stretching* by Bob Anderson is a helpful book that guides you in stretches specific for your sport. The Finnish sauna experience based on hydrotherapy and cryotherapy is another excellent way to help your body recover from physical activity. Alternating heat with cold treatments (10 - 15 minutes each), circulation increases, flushing out metabolic wastes like lactic acid. If your muscles are screaming out in pain, use ice packs instead of the hot tub because inflamed muscles recover faster with cold than heat.

**How frequently should you get a massage?** Call me to discuss your exercise plan and any physical concerns you may have, then together we can set up a schedule tailored to your needs.