

# MENTAL MASSAGE™



- A powerful tool to help clarify and set personal and professional goals.
- A brief, enlightening escape from the hustle and bustle of daily life.
- Encourages harmonious balance between body, mind and soul.
- One-of-a-kind exercise promoting spiritual and physical wellness.

Motivational speaker and life coach Tom Ingrassia and licensed massage therapist Jared Chrudimsky present an innovative fusion of cerebral and physical massage.

Mental Massage™ promotes personal and professional growth, reduces stress and enhances mind/body balance.

## *MENTAL MASSAGE™ IS IDEAL FOR*

- Chambers of Commerce
- Employee/client appreciation events
- Corporate retreats
- Business training workshops
- Networking groups
- Healthcare clubs and sports teams
- Teachers' associations
- Virtually any group

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