



opening the mind and body
to health and healing

Newsletter

January 2004

Greetings

We would like to extend a warm greeting and introduce ourselves to those of you who may not have heard of Alight or Shiatsu before. Alight: a Studio for Shiatsu is co-owned by Ivy West and Andrea Cyr. Located in the Northern Warehouse District, Alight Studio offers a relaxing atmosphere for its clients to experience the healing potential of Asian therapeutic bodywork.

The Year of the Monkey As cultures throughout Asia begin to celebrate the Lunar New Year, we would also like to take the opportunity to wish you a healthy and peaceful year to come. May it be true to the spirit of the monkey for each of you, filled with playful, clever and mischievous adventures.

Website and Workshops We are happy to report that for almost three years, we have offered Shiatsu therapy to a growing number of clients and businesses in our area. To further spread the word about Alight, we are pleased to be launching our website: **Alight-Shiatsu.com**. In addition to the website, we have begun to offer a number of educational workshops and fun events through out the year.

Events As part of the Northern Warehouse "Third Thursdays", we delved into the world of Japanese cuisine and Chinese Medicinal nutrition. Nori Roll making was a great

success, as was the Tea Tasting night when we offered samples and recipes for easy to make therapeutic and delicious herbal teas. Be on the lookout for the next event.

Come visit us and experience Shiatsu

Full-body Shiatsu sessions are available by appointment at Alight Monday through Saturday. Shiatsu sessions with clients seated in a chair designed for massage are also available at Alight or on-site at your office or special event. Packages and gift certificates are available to both the individual and business client.

Growing and Creating Community We are excited about and committed to growing the community we serve. Our business has grown predominantly through people recommending Shiatsu to their friends and family and we are delighted with the results! We welcome any suggestions you may have for additional ways our services could be made more accessible to you. If Shiatsu is new to you or you've been thinking about checking it out, we are happy to talk with you and answer any questions you may have.

Thank You On a final note, we would like to express our sincere gratitude for your support and interest. As we continue to grow, we look forward to assisting you on your path of health and healing.

Sincerely,
Ivy West and Andrea Cyr