



**BROOKE SULLIVAN,
NCTMB, RKC, MAT**

Brooke's philosophy is to work with the body to allow for each individual's unique expression. Brooke takes a holistic approach to bodywork calling on varied specialized educations and trainings. She uses techniques which are tailored to each individual client. Each session is a unique experience based on you, your needs, and your goals.

Brooke has over 9 years' experience with a certification in Massage Therapy and an Associates of Occupational Studies, both from the Boulder College of Massage Therapy. Brooke is also a certified Muscle Activation Techniques Specialist, has attained a certification in Lymphatic Drainage and various energy techniques. She continues her studies of Cranial Sacral and Conscious Touch work under her mentor, Char Huber.

Through Brooke's continued experience in the field of body work, she recognized the need for follow-up exercise. With research and dedication, Brooke ended her search when she received her certification in Russian Kettlebells. She found that Russian Kettlebells provides the best form of rehabilitation as well as strength and conditioning she has ever experienced.

BioHarmony

2535 CAMINO DEL RIO SOUTH
SUITE 225
SAN DIEGO, CALIFORNIA 92116



BioHarmony
bodywork • massage • kettlebells

Bringing
your
body
back to
you



720-404-3511

2535 CAMINO DEL RIO SOUTH, SUITE 225

SAN DIEGO, CALIFORNIA 92116

www.bioharmonyllc.com

Bodywork Services

Massage helps relieve muscular pain caused by stress or injury, utilizing techniques that effectively relax tight muscles and increase range of motion. Massage assists in the repair of tissue, reduces muscle spasms, and prevents soreness by treating fatigued muscles, tendons, and ligaments. A range of techniques, strokes, and pressure can be applied to aid the body in recovery.

LYMPHATIC DRAINAGE A gentle massage approach that stimulates the flow of lymph and interstitial fluid. Ideal for the release of trapped toxins and swelling caused by injury, blocked lymph nodes, or stagnation.

CRANIAL SACRAL THERAPY One of the most gentle and non-invasive treatments being used in bodywork today. Using light touch to detect imbalances within the cranial system and cerebral spinal fluid, the body is allowed to use its own natural corrective abilities. Intervention simply assists the inherent forces within the system to improve your body's internal environment — and strengthen its ability to heal itself.



MUSCLE ACTIVATION TECHNIQUES (MAT)

MAT is a revolutionary approach to the assessment and correction of muscle imbalances in the human body. It is a straight forward, non-invasive technique designed to balance the muscle system. MAT provides the tools to identify restrictions in motion and joint instability relating to muscle tightness and weakness. Through a unique systematic format, MAT is used to “jumpstart” the muscle in order for the muscular system to function with maximum efficacy.

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| Massage Services | 60 minutes: | \$ 75 |
| | 90 minutes: | \$100 |
| Lymphatic Drainage | 60 minutes: | \$ 85 |
| | 90 minutes: | \$110 |
| Cranial Sacral Therapy | 90 minutes: | \$110 |
| MAT | | \$85 per session |
| Outcalls | | \$20 travel fee |

Packages available, please inquire



Testimonials

The bodywork I have received from Brooke has completely elevated the level with which I have been able to compete and dramatically shortened my recovery periods. Brooke is easy to trust, and I have become so much more aware and in tune with my body because of how she has taught me to listen to my body and make the appropriate adjustments on my own. I would (and do!) recommend Brooke to anyone who is looking to raise the function of their body to the optimal levels.

—JUSTIN VALLEY

*United States Australian Rules Football
Representative Team Member*

I look forward to my sessions with Brooke, she always tunes into exactly what my body needs and leaves me feeling so rested. I sleep much better and she has the most amazing neck massage I have ever had. She is strong and gentle, and once you have been to see Brooke, it will be difficult to have anyone else work on you and feel as great.

— KAREN BAEZ,

Business and Personal Transformation Coach

Why Russian Kettlebells?



Kettlebells originated in Russia in the early 18th century. Kettlebells gained recognition as a superb weight loss tool when they were featured in the fitness magazine *Hercules* in 1913. In the recent history of the kettlebell, they have become increasingly popular within the United States, thanks to a man named Pavel Tsatsouline. Today, the kettlebell is being introduced into the fitness routines of the everyday man, as their benefits have proven them to be one of the most useful tools for building strength, increasing endurance, and their effectiveness as a rehabilitation tool.

The intention of kettlebells is the restoration of muscle function and endurance to anyone who strives towards optimal performance.

Anyone wanting to achieve maximum conditioning in record time while improving body composition will benefit from Russian kettlebells.

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| Kettlebell Training | \$ 75 Private |
| | \$ 30 Per Person |

2 X 2 hour fundamental \$170

Packages available, please inquire.

