

Dear Sarah,

December 2006

This is the time of year when we celebrate the people in our lives and let our dreams create our future. Ranald, Kizzy and I moved here 3 years ago not knowing a soul. If it hadn't been for you, who knows where we'd be.

You've taught me so much. You've put your trust in me and I deeply appreciate that. Your willingness to allow me to be a part of your life is something I cherish. I value you not just as a client, but also as a neighbor and a friend.

That's why I'm so excited to share the news with you: I have decided to follow my passion for gentle CranioSacral Therapy and women's special issues, and take my practice in a new direction.

Effective January 1, 2007, my practice will be known as Oasis Center for CranioSacral Therapy. CranioSacral Therapy is a gentle, light-touch approach that releases tensions deep in the body to relieve pain and dysfunction. The many benefits of this soothing treatment include reduced pain and stress, and deep relaxation.

Check out my new webpage at www.oasiscst.com for a more in-depth look at this gentle healing modality. If you have never tried CST, I invite you to treat yourself to a session and enjoy the powerful benefits of this light touch approach to healing.

Also, please note that as part of this transition, I will no longer be accepting new massage clients as of January 1, 2008. ***But rest assured -- I will still be here for you!*** I am honored to continue to be your massage therapist for as long as you need me.

In the meantime, if you've ever considered referring someone special for a massage, there's never been a better time. Massage gift certificates will only be available until December 31.

So please call or drop me an email before then. I'd love to hear from you!

With love and gratitude,

Mindy Totten, LMBT, CST

PS. And don't forget to put Wellness Packages (Buy 5 massages, get the 6th free) on your Wish List. They are the most convenient way to make bodywork a natural part of your life.