

Ocean Therapy Returns To Matanzas Inlet

Imagine what would happen if you just let go ...

Let go of stress, worry, muscular tension, pain, even memories, while floating in the gently rocking seawater. Here, in the warm, calm waters of the Matanzas River, we work in small groups on one person at a time. Kim D'Ambrosio, LMT, teaches simple yet profound techniques that stimulate the brain to shift into a peaceful altered state to soothe and balance physical and emotional stress.

We all have the ability to heal others and ourselves. Ocean Therapy gives therapists and non-therapists the perfect opportunity to explore their healing potential. Learn a gentle, hands-on technique to unwind tight muscles, release tension trapped in tissue and joints and improve mobility.

Everyone receives and gives treatment and dolphins and manatees have been known to join in.

EVERYONE is welcome!

Health Benefits of Ocean Therapy:

****Reduces pain & inflammation***

****Improves blood pressure & pulse***

****Rejuvenates skin, hair, sinuses & joints***

****Increases sense of well being***

When: June 24, July 8 & 22, August 5 & 19, September 2, 16 & 30. 10am -1pm with lunch after.

Where: Matanzas Inlet, south of Crescent Beach on A1A

Bring: Towel, sunscreen, hat drinking water, snack and lunch

Contact: Kim D'Ambrosio, LMT (904)375-0670 or handsonhealn@comcast.net

Cost: \$20.00 per person

Directions to Matanzas Inlet:

Take I-95 to exit 305, (SR 206), turn east toward the ocean, Crescent Beach and A1A. Turn right(south) on A1A for almost 5 miles to the second entrance to Matanzas Inlet on the right. There's another parking lot across the street.

See YOU there!

Kim D'Ambrosio, LMT, MA#18280
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