
About Sari

SARI SPIELER, LMP, RC has been practicing therapeutic massage and teaching massage therapists locally, nationally and internationally since 1987.

She uses bodywork, movement education, and ergonomic coaching to help clients discover more comfort, better function, and freedom in all aspects of their lives. Sari offers private sessions, small group classes and consultations.



Sari holds a BS in Movement Therapy, is a Registered Counselor, a certified labor coach, and is co-founder of the Northwest Coalition of Massage Educators. She loves witnessing and facilitating people moving dynamically towards health, fulfillment and empowerment.

For your session:

If coming for massage, please allow enough time to arrive a few minutes early so you can begin to relax and be ready for your session.

If you are coming for Aston-Patterning, bring or wear clothes that allow movement and can let us see things easily - like tank tops and shorts.

This time has been reserved for you. There will be no charge for missed appointments, providing 24 hours notice is given.

After your session:

Give yourself time to integrate the work you receive. It's always a good idea to drink water to stay hydrated.

My promise to you:

You will be offered the highest level of massage care available.

I will respect your needs and ask for you to be an active participant in the care you receive.

Your personal information will be held confidential, and will not be released without your permission.

**WHIDBEY HEALING ARTS is located at
4885 Magellan Street,
at Bush Point in Freeland, WA.
Hours are by appointment.**

Sari Spieler, LMP
*Exceptional Bodywork for
Exceptional Times*

**Therapeutic Massage
Aston-Patterning®
Acutonics
Senior Fitness for Living**

Your Health is Your Choice
For an appointment call

(360) 331-1617
slspieler@whidbey.com
www.whidbeyhealingarts.com

Massage, Movement and Ergonomics

Therapeutic Massage Services

Massage is a widely sought after service, but did you know it is actually a health care option? Bringing years of training and experience in both teaching and practicing massage, Sari's work can address acute injury, chronic pain, symptoms that are relieved by balancing the nervous system, and reducing the stress that our lives impose that can wear down our bodies, and impact our sense of well being. Massage is appropriate for any age, and is delivered with the same level of professionalism as in other clinical settings.

Sari's massage services include:

Massage Therapy – Care that impacts your joints, muscles, connective tissue, organs and alignment.
Support for Wellness and Vitality, improving conditions that impact your life
Injury Assessment, Treatment, and Prevention
Body Mechanics Coaching, Awareness Building and Ergonomic Consultations
Stress Reducing Energetic Techniques
Hydrotherapy Applications
Heated Stone Massage
Massage and Self-Care Instruction for TMJ Dysfunction
Pregnancy Massage
Massage Care for Seniors

What is Aston-Patterning®?

Aston-Patterning® is an approach to treatment that considers the way we use and move with the natural asymmetry of our bodies in relationship to gravity. Some holding patterns in our bodies are structural, and others are re-enforced by habits. An Aston session might include bodywork, movement, and specific analysis of daily activities. You will learn how to explore efficient movement in everything you do. Making adjustments to your home and work environments, and even your car seat, can support you to feel more comfort and have more energy.

As the only certified Aston-Patterning Practitioner on Whidbey Island, Sari utilizes a blend of bodywork, movement re-education, ergonomic coaching, and fitness training that respects the asymmetry of our bodies, and our lives. She is certified in **Aston Senior Fitness for Living**, a program for seniors that helps them become strong, stable, and flexible and applying those gains to their Activities of Daily Life!

Acutonics - Sound Healing with Tuning Forks

Sound vibrations can touch the body where hands can't reach. This work can be very calming to the nervous system, and also ease muscle tightness, and aid organ function. Sari uses tuning forks at specific points on and around the body, applying principles of craniosacral therapy, energy centers, and traditional oriental medicine meridian theory.

SARI ACCEPTS BOTH PERSONAL INJURY AND WORKERS COMPENSATION INSURANCE CLAIMS