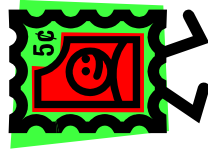

Tiger Coaching & Personal Training Massage Services

Massage Services are provided by
Cholena "Charley" Soden

I believe that massage therapy can aid in athletic performance in many ways. Massage Therapy is proven effective in the treatment of pain, injury, tension, and restricted range of motion. The first thing that is done before a massage session is a postural analysis. This allows me to view the posture of a client and evaluate them to provide the most effective treatment session possible. In my work I often find the cause of the problem is not always located near the symptoms. Neuromuscular Therapy coupled with postural analysis provide me with a way to treat the body as a whole and not just the area that is bothering the athlete. This allows me to aid the body in returning to structural balance.

I have been a Licensed Massage Therapist for 3 years, graduated with honors from the Omaha School of Massage Therapy. I am Nationally Certified by the NCTMB and a member of the American Massage Therapy Association (AMTA). In addition to my formal schooling I have completed over 150 hours of continuing education in the past three years. I also am a member of a regional sports massage team The Rocky Mountain Connection.



Tiger Coaching & Personal Training
2110 Winthrop Rd Suite 100B
Lincoln, NE 68502



Massage Services

Tiger Coaching &
Personal Training



Call and make an appointment to receive a relaxing, soothing massage.

For appointment contact at
Tel. 402-580-1063
Email: esoden3@inebraska.com



Massage Services

Massage

The application of soft-tissue manipulation techniques to the body, generally intended to reduce stress and fatigue while improving circulation. The many variations of massage account for several different techniques.

Benefits of Massage

Physical:

- Increase cellular metabolism
- Hastens Healing
- Relaxes and Refreshes the muscles
- Helps to relieve muscle spasm and cramps
- Improves circulation
- Enhances Sports Performance

Psychological:

- Relieves fatigue
- Reduce tension and anxiety
- Calms the nervous system
- Makes you feel a sense of relaxation
- Helps to renew energy



Massage Fees:

Including:

**Neuromuscular Therapy,
Postural Analysis, Trigger Point Therapy,
Sports, and Relaxation**

Postural Analysis taken for new clients to help evaluate the client and help make adjustments

30 minutes \$ 30.00

60 Minutes \$ 50.00

90 Minutes \$ 70.00

Special Massage Packages:

3 - massages for \$ 135

6 - massages for \$ 240

Packages need to be paid in full for discount to apply

Corporate Chair Massage:

15 min.

for \$ 15

**Ask About
Group Rates**



Special Sports Massage for Sports Enhancement

Runners - Triathletes - Golf

Cyclists - Team



Where Will My Massage or Bodywork Session Take Place?

Your massage or bodywork session will take place in a warm, comfortable, quiet room. Soft music may be played to help you relax. You will lie on a table especially designed for your comfort.

How Will I Feel After the Massage or Bodywork Session?

Most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity which can last for days. It is recommended you drink plenty of water following your massage.

What Should I Do During the Massage or Bodywork Session?

Make yourself comfortable. The practitioner will either gently move you or tell you what is needed throughout the session (such as lifting your arm). Many people just close their eyes and completely relax. Others like to talk during their session. Feel free to ask the practitioner questions about massage and bodywork in general or about the particular technique you are receiving.

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Lincoln, NE 68502

**Nothing is ever Achieved that
stays in a DREAM...TAKE ACTION!**