

Movement/Relaxation Therapy



Feeling tired, worn down, in pain? We are here to help.
Try one of our services today.

Relaxation Movement Therapy and Breathing: through massage and movement, release tension, stress, anxiety and fear from your body. 30-minute session \$75

Relaxation Therapy: If you find yourself with 15-minutes while you are waiting for someone in the waiting room or just want to book a 15-minute appointment to release tension in the neck and shoulder muscles, please contact us 15-minute session \$25

Somatic Psychotherapy: Mind-Body Movement Therapy: Integrates concepts from somatic psychotherapy and movement therapy to teach you how to release the trauma, worry, anxiety, fear, and tension held by the body through relaxation, mindfulness, body awareness and movement interventions. 45-minute session \$150

Please call or text the number below to schedule an appointment
Appointments available 6pm-8pm M-F, Saturday appointments available by request

Lakewood Wellness Partners 214-531-3049