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**Welcome to Breath and Bodywork!**

Did you know that massage has been around for over \_\_\_\_ years? Blah blah blah before Christ, blah original medicine,, blah Today, the world isn’t slowing down but going faster and faster and stress levels are higher and higher. We all need downtime in order to recharge. Our hope here is that you take those 30-, 60-, or 90-minutes to relax and refresh. We’re happy to see you.

Holistic approach

Fitness

Make a difference….

Update!!!!!!