My name is Katharina (Kati ) Cahen, MLA, LMT. I am a graduate of the Oregon School of Massage.

I feature a holistic approach to therapeutic massage therapy:

\* Arvigo ®Techniques of Maya Abdominal Therapy

\* Swedish

\* Aromatherapy

\* Spa body treatments

\* Deep tissue massage

\* Hot stone massage

\* Bio-dynamic massage

\* Intuitive/empathic Energy work

For clients interested in expanding beyond traditional massage, I also offer Energy work, including Pranic healing; Polarity, Angelic, Lemurian, Dolphin, and other forms like Ho’oponopono or shamanistic soul journey. I am a Reiki Master and can give attunements.

I also offer chakra cleansing, grounding exercises and visualization, oracle cards and chakra mandala painting.

My approach is both dynamic and individual, focusing on each person’s needs, wants, and comfort level.  Following an initial consultation, massages are performed in my comfortable, private, spa-like office; a quiet, dedicated room in my home. Peaceful Pond is a safe place, where we believe in equality, diversity and compassion for all: One Love.

Initial session for Arvigo ®Therapy: $220 / 2 ½ to 3 hours

Initial session for traditional massage therapy: $120 for 90 min. (plus 30 min intake)

Consecutive sessions: 90 min. at $110 (packages of 5 for $490)

*Want to know a bit more about me?*

I was born and raised in Luzern, Switzerland. My childhood was spent in the woods and fields outside the city. I was a tom boy and a fairy at the same time, playing mostly in the woods. My mother brought us up on tea and herbal medicine rather than western doctors. We collected herbs in the alps for Winter teas and mushroom, berries for daily meals.

Once we moved closer to the city, and I had to conform to Kindergarten and school, the magic of streams, creatures in the wood and herbs, seemed to be a thing of the past. I studied Economics in High School, not enjoying it much, but realizing that I needed to finish school. My “Wanderlust” took me to foreign places, like South Africa right out of high school, Paris and London were next. After a year in England, I traveled around the globe, ending up in Japan where I was living for one year, studying Japanese, and getting married to an American citizen.

We moved to Oklahoma City in 1992 where I enrolled in the local University to finish my Graduate Degree in 1996. In 1998, we moved to Portland, OR in 1998. Instead of continuing with Aikido and Shinto Muso Ryu Jodo (I am a second degree black belt), I started with Yoga, Hatha, Iyengar, Tri Yoga with Kali Ray and Therapeutic Yoga.

I turned into a “mother hen” after I gave birth to a beautiful baby girl. All of a sudden, all the memories of long ago herbal remedies started to come back. I became more and more interested in the holistic approach of raising a child. The commercial kitchen where I was baking pastries professionally, turned into baking and cooking at home with my little girl.

Life circumstances lead me to alternative forms of medicine, like Pranic healing, Ho’oponopono and ultimately into Massage Therapy, the Arvigo ®Techniques of Maya Abdominal Therapy as well as various forms of Energy work.