

FOR IMMEDIATE RELEASE:
Blacksburg, Virginia August 14th, 2008

CONTACT INFORMATION:

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SUBJECT: Health and Wellness, Local Business

**Massage Therapy Associates of the New River Valley Presentation on Watsu®:
Warm Water Aquatic Bodywork at 2008 Natural Healthcare Series**

- **Blacksburg Library Wednesday, 8/20/2008 7pm: Watsu: Warm Water Aquatic Bodywork**

Tod Whitehurst and Victoria Stone, Certified Massage Therapists and Teachers at the Blue Ridge School of Massage & Yoga, will share their knowledge of Watsu, a form of warm water hydrotherapy and massage. They will describe how the weightlessness in this form can free vertebrae, improve range of motion in joints, and elongate muscles in ways not possible on land. Watch their DVD demonstration and see how being floated in **warm** water reduces pain, releases stress, and quiets the mind.

A panel of local clients will be on hand to talk about their experiences with Watsu®

Additional information on Watsu® can be found here <http://nrvmassage.com/nrvaquatic.htm>

For additional information, or to schedule an interview with Victoria Stone or Tod Whitehurst contact:
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