

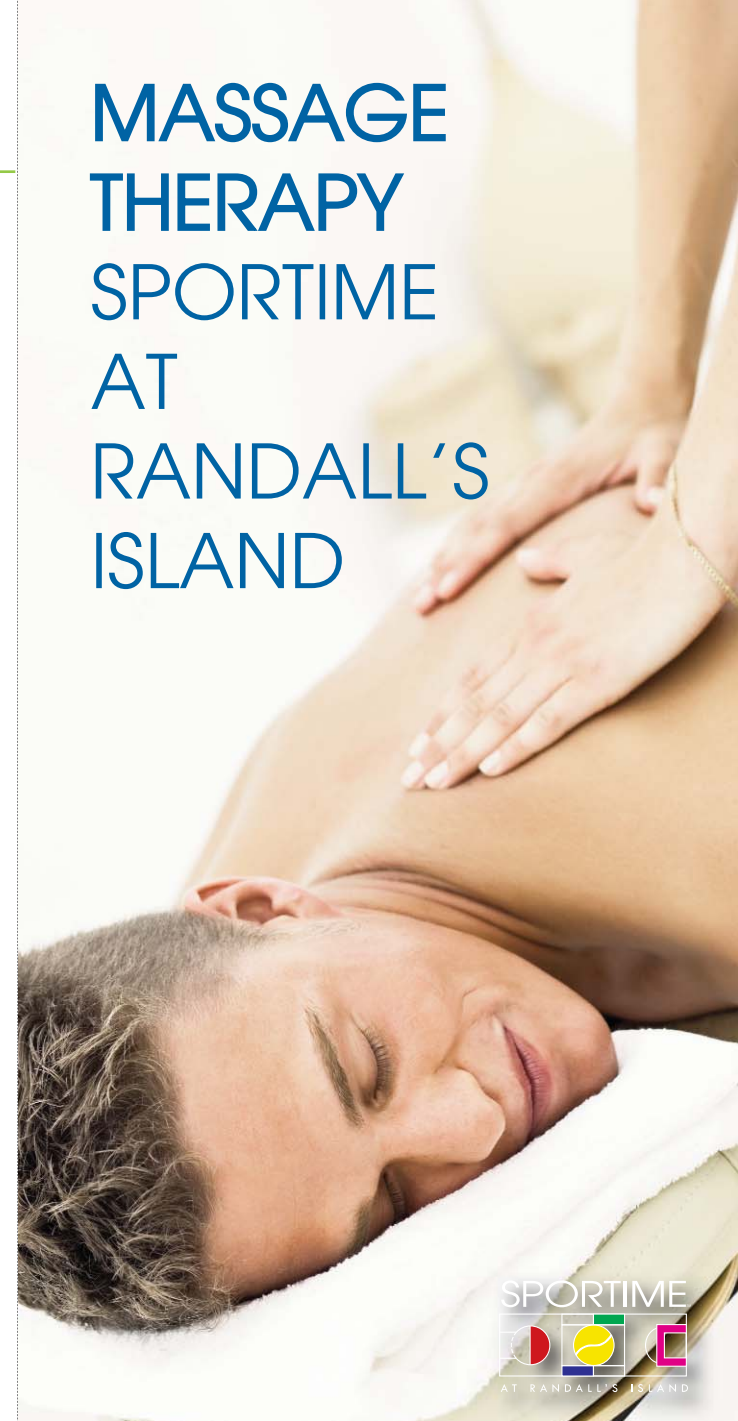
PRICE LIST

Swedish Massage	1 hr.....\$90
	1/2 hr.....\$50
Acupressure	1 hr.....\$90
	1/2 hr.....\$50
Shiatsu	1 hr.....\$95
	1/2 hr.....\$55
Sotai	1 hr.....\$90
	1/2 hr.....\$50
Sports Massage	1 hr.....\$95
	1/2 hr.....\$55
Deep Tissue Massage	1 hr.....\$95
	1/2 hr.....\$55
Trigger Point Therapy	1 hr.....\$95
	1/2 hr.....\$55
Medical Massage	1hr.....\$100
	1/2hr.....\$60

MORE ABOUT YOAV NASH

In 2006, Yoav graduated from the Swedish Institute, College of Health Sciences in New York with a degree in Alternative Medicine and Massage Therapy. His experiences range from treating those with health and body ailments, such as cancer and transplant patients, to working with top athletes. Yoav served as the private massage therapist and physiotherapist for Novak Djokovic during the 2007 US Open, helping Djokovic reach his first career Grand Slam final.

MASSAGE THERAPY SPORTIME AT RANDALL'S ISLAND



Call 212/427-6150
and book your
appointment today!



For more information on Yoav's offerings, or to
schedule an appointment, please contact
the Front Desk at 212-427-6150.



212/427-6150

ONE RANDALL'S ISLAND, NEW YORK, NY 10035
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Yoav Nash is a long-time colleague of Gilad Bloom, the new Director of Tennis of the John McEnroe Tennis Academy here at SPORTIME at Randall's Island. He holds a National Certification for Therapeutic Massage and Bodywork, is a New York State Licensed Massage Therapist, is a Member of the American Massage Therapy Association, and is Certified as a Healthcare Provider by the American Heart Association.

Yoav grew up as a champion junior tennis player in Israel, before joining the Israeli army at age 18 and serving as a combat officer for three years. After his military service, Yoav moved to New York to continue his studies, combining both Eastern and Western approaches to understanding and healing the human body.

MASSAGE OFFERINGS

SWEDISH MASSAGE

Swedish massage is a relaxing and therapeutic style combining oils or lotion with an array of strokes such as rolling, kneading, and percussion to help the body improve its circulation. The benefits of this type of bodywork are wide-ranging and include relief from aches and pains, decreased stress levels in the body, enhanced mental clarity, improved appearance, and greater flexibility.

ACUPRESSURE

Acupressure is similar to acupuncture in stimulating specific points along the energy lines of the body to establish overall health and vitality by balancing your Qi (energy) flow. Unlike acupuncture, this modality applies pressure to specific points by hand rather than through the use of needles, but producing similar therapeutic results.

SHIATSU

Shiatsu is the Japanese form of Acupressure. The word Shiatsu comes from two Japanese words - "shi" (finger) and "atsu" (pressure). In addition to the direct stimulation of pressure points along the energy pathways of your body, gentle stretching techniques are applied over a wider area of the body to integrate the point work and encourage the flow of Qi (energy) throughout the body. Shiatsu is a meditative healing art that honors the body, mind and spirit.

SOTAI

Sotai is a Japanese form of Physical Therapy which was invented by Keizo Hashimoto, a Japanese medical doctor. Sotai focuses on returning natural body alignment by working with the breath and moving toward comfort rather than adjusting toward pain. Sotai releases tight muscles, realigns joints and vertebrae, removes structural interference, facilitates nervous function, improves blood flow, increases circulation and reduces pain.

DEEP TISSUE MASSAGE

Deep Tissue Massage relieves tension in the deeper layers of tissue in the body producing a highly effective method for releasing chronic stress areas due to misalignment, repetitive motions, and past lingering injuries.

TRIGGER POINT MASSAGE

Trigger Point Therapy focuses on stimulating and releasing "trigger points" in your body. Trigger points are tender areas of tension similar to acupressure points, except they occur in the belly of the muscle tissue rather than along the energy pathways of the body. These 'knots' are built up throughout a person's life due to physical, mental, and/or emotional stress. During a session, focused pressure is applied through a variety of techniques in order to release the trigger points. The effects are lasting and profoundly transformative.

MEDICAL MASSAGE

Medical Massage treatment is specifically directed to resolve conditions diagnosed by a medical doctor using a variety of modalities or techniques focusing the treatment only on the specific areas of the body related to the diagnosis. This enhances the body's natural self-healing process and reduces the needed recovery time from injury.

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