

About the Therapist

Raymond L. Bennett is a graduate of the Colorado Institute of Massage Therapy. CIMT is only one of two schools in the nation that has Certification in NeuroMuscular Therapy.

Mr. Bennett is also certified in or has received training from CIMT in the following;

- Swedish Massage
- Deep Tissue Massage
- Sports Massage
- Trigger Point Release

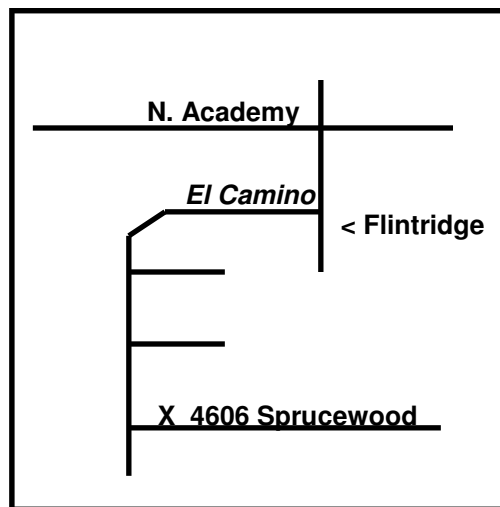
Mr. Bennett is also an accomplished Martial Artist and has been training in the Martial Arts for 34 plus years. He has Black Sash's / Black Belts in Kung-fu, Taijiquan (Tai Chi Chuan) and Chinese Kempo-Karate.

Mr. Bennett believes in following the path of traditional Chinese Kwoon's (Kung-fu schools). As in the old Chinese saying...

"To injure someone is easy, to heal the injured requires skill."

He is a former Deputy Sheriff for El Paso County and teaches Defensive Tactics to local, state and national Law Enforcement agencies through Nova Defense Systems. He is also the Founder of the Women's Rape Awareness and Prevention Program.

"In all things...seek balance"



**4606 Sprucewood Drive
Colorado Springs, Colorado
80918**

*To receive more information about
Massage Therapy or training in the
Martial Arts, please call or write:*

**(719) 633-1117
rbncb@msn.com**

Massage Therapy

- **NeuroMuscular**
- **Swedish**
- **Trigger Point**
- **Joint Movement**
- **Sports**

***"Dedicated to your
success and health
through the Martial
Arts and Massage
Therapy"***

**Raymond L. Bennett
CMT / CNMT**

Benefits of Massage Therapy

Physical Level

- Deep relaxation and stress reduction
- Relief of muscle tension and stiffness
- Reduced muscle spasm and tension
- Greater joint flexibility
- Greater range of motion
- Increase ease of motion
- Promotes deep and easier breathing
- Reduced blood pressure
- Relief of tension headaches and eye strain
- Improved posture
- Healthier, better nourished skin
- Reduced formation of scar tissue
- Better circulation of blood
- Strengthened immune system and disease prevention

Mental Level

- Relaxed state of alertness
- Reduced mental stress and a calmer mind
- Increased capacity for clearer thinking
- Greater ability to monitor stress signals and respond appropriately



Emotional Level

- Feeling of well being
- Enhanced self-image
- Reduced levels of anxiety
- A sense of being unified, balanced and in harmony
- Increased awareness of the mind, body and spirit connection.

24 Hour notice required for all cancellations.

- **One hour massage \$45.00**
- **VIP (4) one hour massages Total \$160.00**
(Save \$20.00 when you pay in full)

For your convenience we also offer the Residential Service Program
(Massage at *your* residence)

- **One hour \$55.00**
- **VIP (4) one hour massages Total \$200.00**
(Save \$20.00 when you pay in full)