

## Are You Ready To Recover Your Life?

Do you want to eliminate chronic pain and anxiety naturally, without pills or products?

Are you looking for a natural solution to your health and wellness issues?

Well, you can change your life with as little as 15 minutes of Block Therapy per day. You can be healthier, slimmer and pain free using the Block Buddy.

Let Victoria customize a Block Therapy Routine for you to attain better health.

Or learn from home with one of the downloadable programs and/or join us for a group class. When cells are fed and nourished, they function optimally.

With Block Therapy the Tissues are warmed up, the fascia releases from the bone and realigns itself. Thus creating space for blood and oxygen to flow.

Be your own therapist

### Master Your Health with Block



**Block Buddy**

**\$ 99.95**

**Block Baby**

**\$ 99.95**

**Block Buddy & Block Baby  
Combo Deal \$ 189.90 (+Tx, + SH)**

**To Order Blocks & Programs  
[www.victoriasholisticdayspa.ca/blocks](http://www.victoriasholisticdayspa.ca/blocks)**



## Key Benefits of Block Therapy

### Banish Your Pain!

Block Therapy accelerates healing from chronic pain to acute injuries. Fascia can seal your body out of alignment. Banish Headaches, Migraines, Fibromyalgia, muscle pain, nerve pain, Fibrosis, PMS and all connective tissue pain, naturally without pills. Improves strength, flexibility and range of motion. Unfreezes tissues that are stuck to the bone.

### Lose Inches!

Flatten your Belly. Melt your Fatty Tissue  
Re Shape your Body with the Block.

Reduce Cellulite, Melt Scar Tissue.

Improve Skin Tone, Circulation, Digestion  
and Elimination.

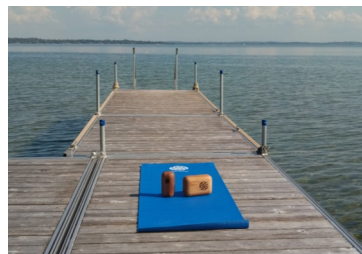
Releases Restrictions in Tissues,  
Causing Aging

Rehydration of Skin and Hair.

Increase your Energy!

### Meditation/Connect to Breath

Proper Diaphragmatic Breathing increases oxygen by up to 600%. Improve blood and oxygen flow to the head. Improves your posture. Helps with lung and heart issues. Calms Mind and Body, Great for Anxiety!



**Block On  
The  
Dock**

## VICTORIA'S HOLISTIC DAY SPA IS NOW OFFERING BLOCK THERAPY

**NEW**  
*Pain  
Therapy  
Exercise  
Meditation*

[www.victoriasholisticdayspa.ca/what-is-block-therapy](http://www.victoriasholisticdayspa.ca/what-is-block-therapy)

**Block Therapy  
is a  
connective  
tissue,  
whole body,  
self-care  
practice!**

917 Sheppards Trail,  
Belle Ewart, Innisfil, ON

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Office Phone: 705.999.7140

[block@victoriasholisticdayspa.ca](mailto:block@victoriasholisticdayspa.ca)



# Master Your Health with Block Therapy



## Block Therapy Classes

By Victoria, Fascia Master &  
Certified Block Therapy Instructor



Flatten your Belly & Lose Weight  
Neck & Back Pain  
Lung Cleaning and Heart Health  
Migraines and Headaches  
Shoulder and Rotator Cuff  
DIY Facelift  
Whole Health Program  
The Core, The Lower Body  
& Upper Body Series

Call for Dates and Locations  
705 229 1200

[www.victoriasholisticdayspa.ca/  
what-is-block-therapy](http://www.victoriasholisticdayspa.ca/what-is-block-therapy)

## Learn from Home

### DOWNLOADABLE PROGRAMS

21 Day Block Blitz Program  
21 Days to a Healthy Back  
21 Day Natural Facelift Solution  
21 Day Cellulite Challenge  
Block for Golf  
Scoliosis Gone Program  
Block Therapy University



## Join the Block Community

Join us for Block Therapy Classes or  
Buy Downloadable Block Therapy  
Programs and begin learning on your  
own time, in the comfort of home.

[www.victoriasholisticdayspa.ca/  
block-therapy-programs](http://www.victoriasholisticdayspa.ca/block-therapy-programs)

## Block Fees

Group Classes  
Private Coaching

### Group Classes

60 min. Class      \$ 20.00  
90 min. Class      \$ 30.00

Bring your Block or  
Rent a Block! \$ 5.00 per Class

## Private Block Therapy Coaching

### In SPA

60 min. Class      \$ 80.00  
90 min. Class      \$110.00

### House Call

60 min. Class      \$100.00  
90 min. Class      \$140.00

### Have A Block Party or

### Block for Couples

House Call Fee plus  
Each Additional Person \$ 30.00

(60 or 90 min. Class)

(Block Included for Private Coaching)