



Happy 2012!

I hope you've had a great December, and if you are like me, are excited to get on with January! A lot is happening with Heeling Sole this month, and I wanted to update you on some important dates:

- **January 2nd:** Fijian Massage becomes Ashi-Anma
- **January 19th-23rd:** Closed while moving.
- **Tuesday, January 24th:** Open in our new space: 7122 San Pedro, #106, San Antonio, Texas, 78216!
- **Sunday, February 12th:** Couples Barefoot Massage Class.



Fijian Massage is now Ashi-Anma.

As I mentioned in the November newsletter, I have been continuing my education into other styles of Barefoot Massage, and have been revisiting training in modalities that I have found to be very effective, and I'm evolving my existing Fijian massage into something more. This change starts tomorrow, so all Ashi-Anma sessions are now priced equally with my other barefoot massage services, at \$80/hour.

If you purchased a gift certificate for Fijian massage in 2011, I will still honor the \$60 value for Ashi-Anma sessions when you redeem that gift certificate.

[read more →](#)

Speaking of gift certificates, thank you for such a great response to this year's BOGO Barefoot offer!

I have already met so many of your friends and family, and I am so grateful to you all for spreading the word about Heeling Sole to those you care about. Remember that the gift certificates from that once-a-year-only sale won't expire, but the free blue vouchers will - you and yours have until March 1st to redeem them for a 1 hour barefoot massage session of your choice. On March 2nd, however, those blue vouchers are only worth \$40 towards any service, so be sure to schedule your session soon to get the best deal.

New Office starting January 24th

The entire group of us at the Integrative Healing Institute are super excited to get into our

new place! We will still be at the usual spot on Nacogdoches through Tuesday 1/19, then after a short closure to pack up and move, we'll be open again starting Tuesday January 24th on San Pedro! Come by on or after the 24th to get a tour, see the new store, classrooms and massage offices, and be sure to check out the calendar of events to see what community classes our team has to offer you.

7122 San Pedro, #106, San Antonio, TX, 78216

Free Massage @ 12:30pm on 1/24!

The appointment starting at 12:30pm on Tuesday 1/24 will be the *very first* massage in our new digs, & I want to give it to you for free! Go schedule it ASAP, whoever books their 60 minute session in that time slot is the lucky winner!

Schedule it from the button below:

[read more →](#)

Sole to Soul: Couples Barefoot Massage Class

This public massage class offers a fun and relaxing approach to compassion and compression with your sweetie. You and your best friend will learn basic barefoot massage techniques that are both easy to give and delicious to receive, and you'll learn how to give a deep, painless massage that can last much longer than the 5 minutes you might be used to before someone's hands usually tire out! We are going to use our clean feet to deliver the massage to our partners who are lying clothed on a padded mat, while we sit back in a comfortable chair eating Bon Bon's and Chocolate Covered Strawberries!

Sunday, 2/12/12 from 1pm-3pm, \$150. Register by 1/31 to save \$20

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