

Healing Bridge



PHYSICAL THERAPY

*Cross the Bridge to Better
Health & Wellness*

*"I recognize
the beauty
and supreme
connectedness
of all beings"*



*I became interested in
massage while I was
healing from a car
accident in 1992. After
receiving that first gentle
and compassionate
massage on my bound-up
neck and shoulders, I felt
the protective shell I had
built around myself begin
to melt away. I felt such a
deep healing on so many
levels and I knew right
then that, after I healed,
I wanted to offer this
same gift to others.*

*To re-inhabit and
re-embodiment my life took
a lot of courage and hope.
Two years after my
accident, I started
massage school and
began another journey
that has captivated my
spirit ever since.*

Rowan Varrais LMT

Supporting You on Your Healing Path

My focus as a Massage Therapist is to offer a compassionate, nurturing and powerfully rejuvenating experience for each patient.

I use various therapeutic techniques including Swedish, Deep Tissue & Hot Stone Massage to soothe and invigorate your body, mind, and spirit.

Massage is the perfect complement to your physical therapy treatment plan. It is also useful in helping you to continue your healthy habits after your physical therapy is completed.

I believe massage is a holistic approach to integrating Body/Mind/Spirit and helps you stay tuned in to your self-care. Through awareness, together we can seek and discover the wisdom of the body. I will support and encourage you to tap into the wellspring of health and vitality that lies within you.

Training:

- Oregon Licensed Massage Therapist since 1998
- Certification of Massage Therapy
- COCC Massage Therapy Program Bend, Oregon 1997-98
- Certification of Massage Therapy, Healing Arts Institute, Roseville, California 1995

Memberships:

- Oregon Massage Therapists Association 1999 to current
President 2002-2004
Secretary 2001-2002 & 2008-2009
- Associated Bodywork and Massage Professionals member since 1995

My deepest happiness is sharing my life's journey surrounded by loved ones. My interests include aromatherapy, yoga, hiking, alternative medicine, creative authenticity and unlimited possibilities.

541.318.7041
FAX 541.388.3711

404 NE Penn, Bend, OR 97701
www.HealingBridge.com
pt@healingbridge.com