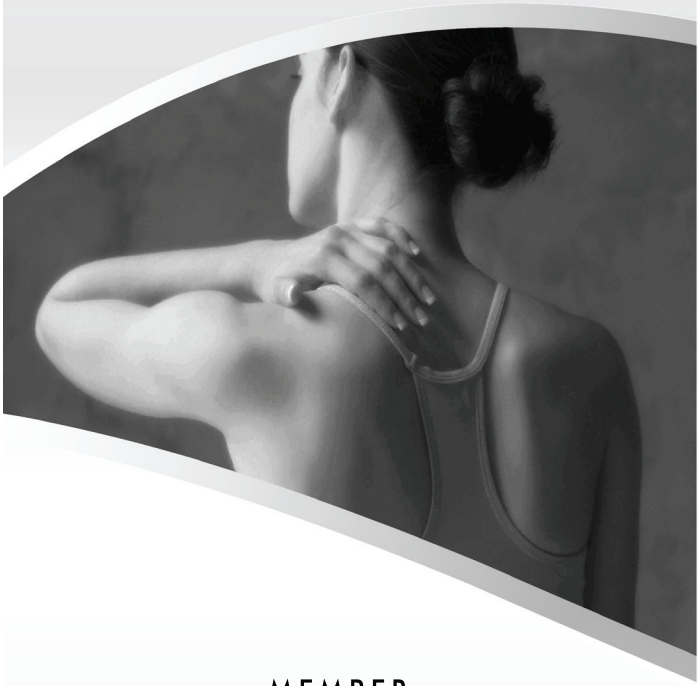


National Academy of Sports Medicine CPT #4961207

Muscular Therapist License #246M

Registered Certified Nurses Assistant #006736-24 (CPR)

President's Physical Fitness Award - 1971



## MEMBER

International Massage Association

**Aloha International**

Society of Ortho-Bionomy International, Inc.

Alchemia Bodyworkers Association

**Tennessee Reiki Confluence - Master Level**

National Strength & Conditioning Association

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STEPHANIE LANE

OWNER • LMT • CPT

## STEPHANIE LANE

*has achieved over 17 years of highly respected experience within the therapeutic community.*

*Ms. Lane's medical expertise, multi-cultural training and knowledge of the professional athletic community affords her continuing global recognition.*

VISIT  
[www.AvatarWellnessNH.com](http://www.AvatarWellnessNH.com)

EMAIL  
[info@AvatarWellnessNH.com](mailto:info@AvatarWellnessNH.com)



Gift Certificates  
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## Services & Programs

### OFFERING

Muscular & Vivation Therapy  
Personal Fitness & Nutritional Concepts  
90 Minute Reflexology Treatments  
Transformational Breathwork  
Oxygen Sessions & Treatments  
Alchemia Bodywork  
Hawaiian Lomi Lomi Nui  
Pre-Competition Bodywork Specialist  
Chair Massage

### SPORTS MASSAGE

Personally designed use of specific techniques for all professional and amateur athletes. Evaluation and assessment include an overview of conditioning for pre and post event. The outcome of therapy is the treatment for and prevention of "dis-ease" associated with muscular stress and/or injury. Pre-competition specialist for bodybuilders and fitness competitors.

### ALCHEMIA BODYWORK

Trademarked blend of over 11 of the most sophisticated, non-invasive therapeutic techniques. Reinforces structural integrity and facilitates neuromuscular re-education. Balances the glandular system; helps alleviate lymphatic and immune deficiencies. Promotes awareness of stress or pain free consistency while remaining a highly cathartic experience. Beneficial for whiplash, severe muscle spasm, and anatomical imbalance.

### PERSONAL TRAINING • FITNESS AND NUTRITIONAL CONCEPTS

Specifically designed leading edge techniques with wholistic options. Result-oriented and highly personalized programs for safe, efficient goal fulfillment. Also available for motivational stamina training, neuromuscular body sculpting and energy balancing.

### REBIRTHING • VIVATION

Deeply nurturing process of rapid, positive transformation through breath work. Exceptionally beneficial for victims of violence; self-abuse; stress disorders; depression or general confusion; phobias and those whose progress has temporarily plateaued with their psychotherapy.

### ORGANIC SPA TREATMENTS

Aromatherapy  
San Tropez Tan  
Cellulite Programs  
Salt Glows

Ms. Lane Is Available For

**CORPORATE SUPPORT • LECTURES • PRESENTATIONS**

Corporate Fitness • Human Resource Support • Lectures & Presentations • Special Event Triage

