

Chinese New Year Workshop on Feng Shui, February 9 in Guttenberg



Ivy Yim

Ivy Yim, owner of Ivy's Feng Shui, will offer a Chinese New Year workshop on *feng shui* this month. The workshop will be held from 3:30 to 4:30 p.m. on February 9, at AuM Body and Soul Spa, in Guttenberg.

During the workshop, Yim will explore the history of feng shui and give participants tips and information they can apply immediately. One winner will receive a free feng shui reading.

"Feng shui (literally 'wind-water') is an ancient practice designed to detect and analyze the invisible, intangible forces within our living or working space in order to enhance posi-

tive energy and eliminate negative energy, creating a more balanced and favorable environment," Yim explains. "I use classical Chinese tools and techniques to perform professional readings and offer suggestions to improve the natural energy of the space." Born and raised in Hong Kong, Yim moved to the U.S. as a teenager. As an adult, she studied ancestral Chinese disciplines in Chinatown. "Learning the ancient techniques of feng shui from Chinese masters helped me discover simple ways to apply this knowledge to the contemporary environment," she says.

Cost: \$20. Location: AuM Body and Soul Spa, 7000 JFK Boulevard E., Guttenberg. Advance registration is required. For more information or to register, call 201-520-0211 or visit AuMBodyAndSoul.com. For more information about Yim, call 917-603-3389 or visit IvysFengShui.com or Facebook.com/IvysFengShui. See ad, page 9.

Orthopedic Massage Now Offered at Vista Natural Wellness Center in Oakland

Vista Natural Wellness Center, in Oakland, now offers orthopedic massage as part of its massage therapy services. Staff massage therapist Beth Nolan has more than 25 years of experience in the field of holistic health.



Nolan explains that orthopedic massage involves therapeutic assessment, manipulation and movement of locomotor soft tissues to reduce or eliminate pain and dysfunction. A unique multidisciplinary approach restores structural balance throughout the body, allowing the patient to focus on the prevention and rehabilitation of musculoskeletal dysfunctions, chronic pain and sports injuries. The orthopedic approach includes functional assessment, myofascial release, cross-fiber gliding strokes, neuromuscular therapy, scar tissue mobilization techniques, proprioceptive neuromuscular facilitation (PNF) stretching, neuromuscular re-education, strengthening and appropriate home care. The combination of these techniques allows clients to obtain immediate and permanent results in even the most challenging and complicated situations.

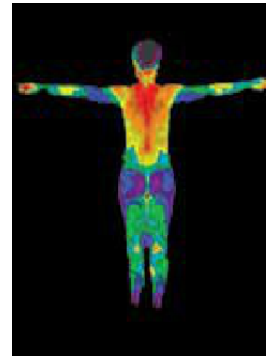
Besides massage therapy, Nolan's background also includes applied kinesiology, nutrition, Reiki, reflexology and yoga.

Vista Wellness Center also offers therapeutic deep-tissue massage, reflexology, aromatherapy and thermography, as well as yoga (taught by Nolan and other instructors) and Zumba classes.

Location: 191 Ramapo Valley Rd., Oakland. For more information, call 201-644-0840, email VistaNaturalWellness@yahoo.com or visit VistaNaturalWellness.com. See ad, page 10.

ThermoWellness Offers Complimentary Thermal Imaging

Dedicated to helping individuals find a path to better living, ThermoWellness, in Paramus, New Jersey, focuses its services on natural health and preventive care. Dr.



Anthony Piana, a chiropractor with the center, employs state-of-the-art thermal imaging to detect inflammation and disease, and is currently accepting new patients for full-body analysis. To introduce more patients to the safe benefits of this radiation-free, gentle, non-contact technology, the center is offering a single view of the body at no charge during February.

Piana says thermal imaging is a useful diagnostic tool that can help detect thyroid problems, hormone imbalances, abdominal inflammation, spinal pain and neuropathy. It also screens for breast cancer. "Many people have concerns about radiation exposure and have been seeking access to thermal imaging," he notes. "At ThermoWellness, all our devices are cleared by the U.S. Food and Drug Administration. This is the prototype facility for many more to open around the country, combining wellness care with use of state-of-the-art technology."

Piana graduated from Iowa's Palmer College of Chiropractic in 1991 with research honors, and is a fellow in chiropractic biophysics and in clinical thermology. He is president of the non-profit Professional Academy of Clinical Thermology and trains doctors worldwide in thermal imaging.

Location: 1 Sears Dr., 4th floor. For more information, call 888-800-8404, email DrPiana@me.com or visit ThermoWellness.com. See ad, page 19.