

ABOUT GISELA KONRAD

Gisela became interested in holistic healing through her work as a social worker specializing in health education. She began with the study of Yoga in 1985, and completed her training in Shiatsu and Western Massage after moving to the United States in 1991.



Maitri is a Sanskrit word that can be translated in many ways: harmony, loving kindness, or universal friendliness.

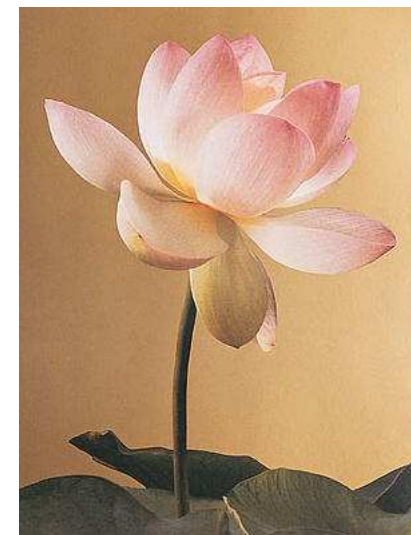
The Maitri studio is full of light and warmth—a place to explore paths towards balance and wellness.

- Yoga Teacher's Certification through the German Yoga Teacher's Association and the American Viniyoga Institute under Gary Kraftsow. Study of individual yoga therapy with Mukunda Stiles of the Yoga Therapy Center in Colorado.
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- Certification in Shiatsu Therapy through the International School of Shiatsu, Pennsylvania, 1995.
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- Western Massage Therapy at Finger Lakes School of Massage, 1995.



Maitri

A Place for Wellness



Yoga
Shiatsu
Massage

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INTERCONNECTIONS

In Gisela's practice at Maitri, each area reflects and affects the other. Her understanding of both scientific anatomy and Shiatsu energy flow give her a special ability to teach yoga for all levels of experience and inexperience—while her yoga practice provides her with a personal comprehension of muscle strain and energy blocks.



SHIATSU

Shiatsu is a traditional form of Japanese acupressure massage based on the same principles as acupuncture.

Shiatsu restores the flow of energy, or *ki*, by gentle massage and pressure in areas where energy is blocked. This allows relaxation on deep levels, and opens the way for the body's own healing mechanism to restore natural balance.

Techniques to restore balance include pressure, stretching, rocking, and the promotion of the recipient's own body awareness.

Shiatsu is a "clothes-on" form of massage. The practice of Shiatsu is gentle and non-invasive, deeply relaxing and revitalizing.

YOGA

The Maitri approach to yoga is grounded in the principles of Viniyoga and suitable for people of all ages, fitness levels, body types and life situations.

The physical practice may be gentle and quiet or vigorous and strong, depending on each person's needs and possibilities.

The basic principles of this approach are linking the breath and the movement of the spine, arranging the flow of poses for safety and maximum effect, and adapting the practice to the individual.

Group classes are available for all levels of experience.

Private lessons are available for those who would like more individualized attention, and to address specific issues.

Yoga therapy teaches you how to develop a practice to relieve pain and improve health and well-being.



WESTERN MASSAGE THERAPY

Massage relieves muscle aches while increasing relaxation and a sense of general well-being. It increases the oxygen flow in the blood and release toxins from the muscles, reducing both emotional and physical stress.

Techniques are a blend of Swedish massage, deep tissue massage, and trigger point therapy. The first relaxes soft tissue, the second releases the chronic patterns of tension in the body, and the third applies concentrated finger pressure to painful irritated areas in muscles to break cycles of spasm and pain.

You will be draped with a sheet for warmth and modesty at all times.