



Mary Bowman Cline CMT, RYT, is a licensed and certified Massage Therapist. She uses a variety of techniques, integrating her training in Muscular Therapy, Swedish Massage, Trigger Point Therapy, Deep Tissue, Sports Massage and other bodywork techniques to design a treatment that is best suited for the client.

Mary has been teaching classic Hatha Yoga since 1986, is certified through the International Himalayan Yoga Teachers Association, and is a registered teacher with the Yoga Alliance.

For more information visit  
**[yogamary.com](http://yogamary.com)**

**763.442.1340**



# massage therapy

by Yogamary LLC

**514 Saint Peter Street  
Suite 280**

**St. Paul, MN 55102**

located within

Neurology Specialists LLC



# massage

**Muscular Therapy**

**Swedish Massage**

**Trigger Point Therapy**

**Deep Tissue**

**Sports Massage**

**Chair Massage**

## Benefits of Massage

- Muscle pain relief
- Increased vitality
- Reduced tension
- Headache relief
- State of relaxation
- Injury and accident rehabilitation
- Improved circulation
- Relief from muscle spasms
- Range of motion
- Lymphatic stimulation

# yoga

Classic Hatha Yoga as taught through the Himalayan tradition. Breathing techniques, relaxation, postures, and meditation come together for a balanced yoga session. You will feel both energized and relaxed.

Mary teaches simply enough so you can practice at home and use these tools in daily life. She teaches in a relaxed, tranquil style which works for all levels of physical ability and body type.

Yoga instruction rates vary for more information visit  
**[yogamary.com](http://yogamary.com)**

# prices

## Massage

One hour full body massage	\$60
90 minute full body massage	\$90
Two hour full body massage	\$120
30 minute full body massage	\$40
One hour chair massage at your business or event	\$65

## Yoga

Group classes	\$50 to \$100*
Enjoy a 75 minute class at your location: company/business, home, retreat or community center	
* price varies with distance traveled	

## Private Lessons

One hour in your home	\$90
One hour at my studio	\$75

Prices shown do not include sales tax

Gift certificates are available

**Call for an appointment**  
**763.442.1340**  
**[mary@yogamary.com](mailto:mary@yogamary.com)**

