

SHIATSU MASSAGE



FERNANDO CABRERA, RST

Weekdays and Saturday & Sunday

by appointment only

T: 604 657 7756

W: vancouvershiatsu.com

\$100.00/60 Minutes

Fernando Cabrera has been practicing since 1992 and is a registered member of the Shiatsu Therapy Association of BC and a teacher at the Vancouver School of Healing Arts. Fernando's unique style also combines techniques drawn from traditional Thai massage and Chi Nei Tsang (internal organ massage).



SPIRITUAL READINGS & TREATMENTS



KATHLEEN

Mondays 10:00am - 4:00pm

T: 604-803-7227

Call to book an appointment

Experience a \$35/15 Minute reading (9 card spread), \$65/30 Minute or \$120/60 Minute reading (15 card spread) using Tarot and her own deck – Cards of Balance. 60 Min. Energy Treatments - \$120

Kathleen has been studying, practicing and interpreting the higher realms using cards as her medium for over 10 years. These readings are to help bring you clarity, simple understandings, and maintain balance in your daily life.

Enjoy a 60 minute treatment on a therapeutic crystal mat along with drumming and a sound bowl healing to clear what is not of love (old beliefs ascertained from the cards) in your surrounding etheric field, so you can maintain a beautiful balance.



BOOK A PRACTITIONER

Prebookings Recommended

604-734-HERB (4372)

THERAPIES TO CHOOSE FROM

- Aromatherapy Consultations, Aromatherapy Massage, Personal & Commercial Product Development
- Aura & Chakra Readings; Chakra Balancing
- Biofeedback Analysis & Wellness Consultations
- Body, Mind & Spirit Assessments
- Bodytalk
- Bodywork
- Crystal Light Therapy
- Healing Sessions: Arkaya, Aromatherapy, Bio-Energy, Crystals, Holistic, Light Therapy, Sound Therapy, Tenryo-Jutsu, Therapeutic Touch
- Herbal Medicine Consultations
- Holistic Health Consultations
- Holistic Wellness Examination of Body, Mind & Spirit
- Light Therapy Treatment
- Massage: Aromatherapy, Deep Tissue, Deeksha, Lomilomi, Shiatsu, Swedish, Thai, Therapeutic Touch & other styles
- Natural Medicine Consultations
- Naturopathy
- Nutritional Counselling
- Reiki (Intuitive & Crystal) Treatments
- Tarot Readings



GAIA GARDEN HERBALS INC.

2672 West Broadway, Vancouver, BC

4341 Main Street, Vancouver, BC

info@gaia garden.com | www.gaia garden.com



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FEATURED PRACTITIONERS

NATURAL MEDICINE



JULIE AHAMED, MD. CHT

Wednesday from 1:00pm - 4:00pm

Prebookings recommended

T: 604-734-4372

E: info@gaia garden.com

Complete Holistic Session ~ ONLY \$50.00!

Dr. Julie is both a medical doctor and a medical herbalist, making her an expert in helping others with her vast insight from both conventional and alternative viewpoints! 30 years experience in medicine.



REGISTERED CLINICAL HERBALIST



JOSEPH A. BONI, RH

Friday & Saturday by appointment only.

E: joe.blueangelhouse@gmail.com

T: 236-996-9834

To book click on the QR code



Initial Consult ~ \$100.00/1 Hour

Sessions ~ \$75.00/45 Min

Drawing upon my expertise in Western Herbal Medicine and as a Master Metaphysician, I specialize in creating integrated healing experiences that address the multifaceted nature of well-being. By bridging the gap between traditional herbal remedies and spiritual healing practices, I strive to provide comprehensive solutions for you that nurture your body, mind and spirit.



ARKAYA HEALING & HOLISTIC GUIDANCE



YOGACHARINI MAITREYI

By appointment only
T: 778 682 7033
E: infoarkaya@gmail.com
W: arkaya.net

\$230/60 Min. – 12 Sessions Recommended

Do you want to live your best life?! Maitreyi, a master teacher trainer, will help you recognise and shift unhealthy physical, emotional and mental patterns and create harmony in relationships. A chakra/organ assessment and rebalancing session is included. Benefit from a well rooted holistic coaching and self-awareness system for transformation.



AURA & CHAKRA SPECIALIST



SHEILA RAADSCHELDERS

Saturdays (twice a month)
From 12:00pm to 5:00pm
T: (604) 788-0126
E: raad.sheila@gmail.com

\$10/5 Minute ~ Basic Chakra Reading

\$20/15 Minute ~ Aura Reading

\$55/25 Minute ~ Aura & Chakra Reading

\$75/45 Minute ~ Aura Reading & Colour Attunement

Sheila is a seasoned energy practitioner with over a decade of experience in aura chakra readings. Using Colour Energy insights, she helps clients understand their energetic patterns. Her expertise blends modern technology and holistic practice for client-focused results.



BIOFEEDBACK ANALYSIS



SUSANNE MURPHY

Weekdays by appointment only
From 12:00pm to 5:00pm
Call/Text: (604) 708-9448

Holistic Wellness Report ~ 100.00/1 Hour

Complete review of your Body, Mind & Spirit – Analysis of 49 organs, glands & brain regions; plus your aura and chakra system. Learn where you need to focus physically, mentally, emotionally and spiritually.

Regular value \$150.00. Gaia Garden customers save \$50.

BODYTALK, INTUITIVE REIKI & CRYSTAL REIKI HEALING



CRESS SPICER

Saturday and by appointment
T: 604-365-4672
E: cress08@gmail.com
W: Infinitebodytalk.org

\$100 ~ 60 Min. Session, For Children & Adults

Specializing In: Bodytalk, Intuitive Reiki & Crystal Reiki Healing.

Experience Stress Release Through Bodytalk. Over 20 Years of Experience.



CONNECTIVE TISSUE BODYWORK & MEDICAL THAI MASSAGE



RUBY AHN

Sundays & Thursdays
Bookings by phone or email please
T: 604-729-4705
E: ruby@yinbodytherapy.com

Chair Massage: \$2/Minute, 15 Minute Minimum (\$30)

Table Massage: \$120/60 Minutes

With a signature style of deep controlled pressure and intuitive muscle knot radar, Ruby will customize each treatment to suit your specific body's needs. The focus of her work is to, firmly yet gently, unwind fascial adhesions, release stagnant acu-points; therefore, increasing overall circulation, increasing range of motion, improving posture and reducing pain.



ENERGY HEALING THERAPY



TERESA DE SOUSA

Tuesday, Thursday & Saturday
By appointment only (website or phone)
T: 604-780-0306
E: energyhealingtherapy.ca@gmail.com
W: energyhealingtherapy.ca

\$145 per 1.5-2 Hours

Certified in Advanced Integrative Energy Healing Practitioner (CAIEHP). Teresa skillfully uses Energy Healing hand placement techniques and Somatic Awareness to gently remove energetic blocks in the body caused by suppressed/negative emotions and trauma.



ENERGY HEALING - TENRYO-JUTSU



YUUKI

By appointment only. Free 10-minute initial phone/zoom consultation for new clients
T: 250-499-0967
E: yuuki.k.tateno@gmail.com

\$110/Hour – \$70/30 Minutes

Tenryo-Jutsu, is a Japanese energy healing technique based on quantum mechanics that addresses various mental and physical conditions.

It utilizes universal energy to alleviate both the client's symptoms and the effects from the background, such as: relationships; random factors from the subconscious mind, soul, chakras, past lives, etc. that cause those conditions.

Yuuki specializes in easing physical pain, stiffness, stress, anxiety, depression, fatigue, energy blockage and invisible wires on an energy body.



PERSONALIZED ASTROLOGICAL BIRTH CHART READING - \$100

SAM GENOWAY, NATAL ASTROLOGER

Order your personalized 15 page cosmic guide tailored specifically for you~ delivered within 1-3 days!

T: 778~773~3111

E: Sam@ancientartsapothecary.ca

Insights Provided:

- Illuminate your innate talents, pinpoint potential challenges, and receive practical guidance for your life
- Learn how the planets positions at your birth influence your decisions, relationships, and opportunities~ giving you a roadmap for growth and success!

Benefits:

- Discover & embrace your authentic self to create a life in alignment with your life's true potential
- Navigate life with greater clarity & conscious direction!

Elevate your experience for an additional \$50. This includes a 30 minute, in-person or phone session to unlock deeper insights!



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