

Massage Therapy | Private Counselling | Acupuncture | Reflexology | Healing & Energy Therapies | Yoga | Pilates & Core | Meditation | Qigong | T'ai Chi

CHANGING SEASONS

Winter is a season of recovery and preparation. –Paul Theroux–

Gearing up for the holiday season can take its toll physically and mentally; when we're busy and stressed, it's more important than ever to take time to check in with ourselves and see if we're healthy. Particularly as the days get shorter and the weather gets colder, it's easy for our bodies to contract and become stiffer, and for aches and pains to crop up. Whether it's massage, psychotherapy, acupuncture, or reflexology, we offer a range of diverse therapies to help manage stress and enhance overall wellbeing, and our therapists work together to provide a multi-faceted approach to health and wellness.

We also have a variety of drop-in Movement and Wellness Classes offered every week. Keep your core warm with Mat Pilates, gently stretch your hips, spine, and connective tissues with Yin Yoga, calm your mind with Meditation, or foster deep relaxation with Restorative Yoga. See our full drop-in schedule online or talk with Reception for more details.

MASSAGE THERAPY

Heather Campbell RMT
Bobbie Lu-Kopf RMT
Rocky van der Hoek* RMT
Urszula Rutka* RMT

30 min & 60 min appointments
*90 min appointments available

SOMATIC PSYCHOTHERAPY & COUNSELLING

Monica Dragosz RSW
60 min & 90 min sessions

DROP-IN, REGISTERED, & 6-WEEK CLASSES

See our website for the schedule and class descriptions.

NEW TO OUR CLINIC! ACUPUNCTURE & CUPPING

Michael Amador McFarlane, B.Sc., R.Ac.

Initial consult + treatment: 90 min.
Standard treatment: 60 min.
30 min cupping treatments available



ACUPUNCTURE: Q & A

WITH MICHAEL AMADOR MCFARLANE B.Sc., R.AC.

Does acupuncture have to involve needles?

While acupressure can be done on the same points used for acupuncture, using acupuncture needles is preferred as it is the more effective form of treatment. Some people are not fond of needles, but the needles used for acupuncture treatments are many times smaller than those used in doctor's offices.

What are the differences between orthopaedic acupuncture and traditional Chinese styles of acupuncture?

Orthopaedic acupuncture is mainly used to treat musculoskeletal issues that result in acute or chronic pain conditions, such as frozen shoulder, tennis or golfer's elbow, back pain, sciatic pain, knee pain, neck and shoulder pain, arthritic pain, and many more. In orthopaedic styles of acupuncture, the needling is done into muscle motor points, as well as traditional acupuncture points. The needles that stimulate the motor points help to release muscle tension quickly. Also, the acupuncture needles can reach muscles that lay very deep to the surface easier than other techniques. During this form of acupuncture the patient may feel the muscle twitch, which is a beneficial sign of the treatment. Between orthopaedic acupuncture treatments, stretching of the treated muscles is recommended.

While traditional Chinese acupuncture can be used to treat muscular issues, it is not limited to them. It can be used to treat sleep issues like insomnia, emotional stress, digestive issues, reproductive issues, headaches and migraines, temporomandibular joint disorder (TMJ), and many other medical conditions. In traditional acupuncture, the needles are inserted into specific acupuncture points. While these points may be found on muscles, they are also found on many other areas of the body. The acupuncture points are chosen based on Chinese medical diagnoses, which are very different from a Western medical approach. Though different, the diagnosis and treatment based on Chinese medical theory can be highly effective as a stand alone method of treatment, or when used in conjunction with Western medical treatments, and massage therapy.

Michael Amador McFarlane is a registered acupuncturist trained in Canada and China. He provides treatments in both traditional Chinese and orthopaedic styles of acupuncture, as well as cupping therapy.

Find us on social media!
Varsity Natural Health on
facebook



CURRENT DROP-IN

CLASSES:

- Mon. 5:15-6:15 pm** Yin Yoga | Evening Stretch
With Alison Carey
- Mon. 7:00-8:00 pm** Mindful Meditation
With Rocky van der Hoek
- Tues. 5:15-6:15 pm** Evening Mat Pilates
With Anne-Marie Stephure
- Tues. 6:30-7:30 pm** Yoga for Anxiety
With Jennifer Magnard
- Wed. 5:15-6:15 pm** Hatha Yoga for Everyday
With Kate Spears
- Wed. 6:30-7:30 pm** Restorative Yoga
With Kate Spears
- Thu. 10:30-11:30 am** Morning Mat Pilates
With Anne-Marie Stephure
- Fri. 10:30-11:30 am** Yin Yoga | Revival Stretch
With Lara Osis

Check our website for the most up-to-date information and to register.