Massage Therapy

Relaxation Massage

We offer relaxation massage with an experienced therapist. Massage has many benefits including relaxing muscle tension, promoting circulation and calming the nervous system. Relaxation massage helps you to reduce stress levels and feel more at home in your body.

To connect with our licensed massage Therapist directly, please contact Patricia Gardner at 607-216-7230 or call Balance at 607-274-7520 to schedule an appointment.

Breathwork

Breathwork is the process of working with a trained coach who helps you to tune in to your breathing as a way of calming the mind and body and gaining information about your body. You can learn where you hold tension and how to reach deeper relaxation. Breathwork can be a helpful strategy for people who are suffering from pain, stress related conditions and emotional tension. Clients may experience similar benefits to those of meditation and relaxation exercises.