

Wellness Springs

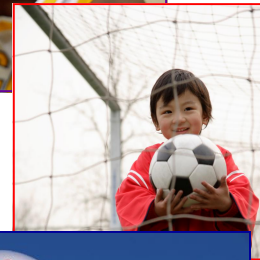
Natural Health Care,
Holistic Day Spa & Yoga Studio

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Wellness Springs

Youth Athlete Program



*A holistic,
integrated
mind-body
approach
that is
evidence based
and
cutting edge*

Introducing the Wellness Springs Youth Athlete Program

Treating the whole person is what we do best at Wellness Springs. We offer a variety of natural health care and spa services including:

- ✦ Sports Massage
- ✦ Sports Rehabilitation including individualized stretching and strengthening programs
- ✦ Team Yoga Classes

All of these are aimed at helping your child athlete and your family achieve and maintain a healthier lifestyle.

Whether child or adult, the key to a healthy lifestyle is making healthy choices. Wellness Springs can help your child learn what these choices are and show them how to become aware of their own mind-body connection.

Discover the Wellness Springs difference. Find out how we can help improve your child's performance, recognize their highest potential and reach for the stars!

All of our services at Wellness Springs are age specific for any age child.

Sports Massage Therapy — Sports massage is a proven practice in easing muscle tension or injuries caused by the demands of physical activity. Sports Massage for Children can be equally beneficial and is adapted to your child's individual needs. Child athletes who receive massage therapy can address physical discomforts and proactively help keep their developing bodies in peak condition.

Sports Rehabilitation — Individual problems are addressed such as strains or injuries, poor posture, flexibility or balance that are specific to the athlete. This individualized cutting-edge approach will help aid and enhance performance, recovery from injury and help sustain optimal health. Our sports rehabilitation program offers individualized flexibility programs, when needed - chiropractic manipulation or joint mobilization, a wide variety of soft tissues techniques, balance/sensory-motor training and postural as well as breathing exercises.

Team Yoga Classes — Yoga classes designed specifically for your child's team or group can help improve focus, body awareness, agility, ability to relax, flexibility and provide a fun and creative outlet for children's energy. Classes are designed with the specific needs of the team or group in mind and are offered for groups of 6 or more