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**The School of Dance**  
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**The  
School of Dance**

## **Massage for dancers and anyone who uses their body with RMT Siri Bandhu**



Massage Therapy can be an important part of your health maintenance plan by improving joint mobility and circulation, and reducing muscle tension.

Mondays, beginning October 24, 2016  
Half hour and hour appointments available  
between 1:00pm to 7:00pm,  
at The School of Dance, upstairs in the Wellness Centre

30 minutes—\$55  
1 hour—\$105

Payment accepted: cash or cheque (payable to Siri Bandhu)

**For bookings, please contact The School of Dance  
at 613-238-7838 or stop by the main office!**