

anara wellness studio and in home massage

Anara Wellness Studio and In-Home Massage: Your Oasis of Calm, Wherever You Are

Are you yearning for a sanctuary of relaxation amidst the chaos of daily life? Do you dream of melt-away tension without the hassle of traveling to a spa? Then let Anara Wellness Studio and In-Home Massage be your answer. This post dives deep into what makes Anara unique, exploring our studio services and the unparalleled convenience of our in-home massage offerings. We'll cover everything from the soothing ambiance of our studio to the personalized experience of a massage in the comfort of your own home. Get ready to unwind and discover your perfect path to wellness.

Experience Tranquility at Anara Wellness Studio

Anara Wellness Studio isn't just a business; it's a carefully curated space designed for rejuvenation. We understand that stepping into a calming environment is half the battle when it comes to stress relief. That's why we've created a haven of tranquility, incorporating soft lighting, calming aromatherapy, and soothing music to create the ideal atmosphere for relaxation and self-care.

Our studio offers a range of therapeutic massage services tailored to your individual needs. From invigorating deep tissue massages to soothing Swedish massages, we utilize a variety of techniques to address specific concerns, such as muscle pain, chronic tension, and stress-related ailments. Our highly skilled and certified massage therapists are passionate about helping you achieve optimal wellness. We prioritize a personalized approach, taking the time to understand your preferences and tailor each session to your unique requirements. This ensures you receive the most effective and beneficial treatment possible. We also offer:

Hot Stone Massage: Experience the deep, penetrating heat of smooth, heated stones to release muscle tension and promote relaxation.

Prenatal Massage: Specifically designed to address the unique needs of expecting mothers, providing comfort and relief from pregnancy-related discomforts.

Aromatherapy Massage: Enhance your massage experience with the therapeutic benefits of essential oils, carefully selected to promote relaxation, energize, or relieve specific ailments.

Beyond massage, Anara Wellness Studio is expanding its offerings to include

other wellness services. We are constantly striving to provide a holistic approach to well-being, and our future plans include incorporating yoga classes, meditation sessions, and wellness workshops. Keep an eye on our website and social media for updates on new services.

The Ultimate Convenience: In-Home Massage with Anara

While our studio provides an exceptional experience, we understand that life can get busy. That's why we offer the unparalleled convenience of in-home massage services. Imagine unwinding after a long day without ever leaving your home. Anara brings the spa experience directly to you, transforming your living room into your personal sanctuary.

Our in-home massage services maintain the same high standards of quality and professionalism as our studio treatments. Our therapists arrive fully equipped, ensuring a seamless and comfortable experience. You can relax in the familiarity of your own space, eliminating travel time and stress. Whether you need a quick stress-relieving massage or a longer, more intensive session, our in-home service offers flexibility and convenience.

We understand the importance of hygiene and cleanliness, and our therapists adhere to strict protocols to ensure a safe and sanitized environment in your home. They arrive with all the necessary equipment, including clean linens and massage oils, leaving you to simply relax and enjoy the experience.

Booking Your Anara Experience: A Seamless Process

Scheduling your appointment with Anara Wellness Studio and In-Home Massage is quick and easy. You can book online through our user-friendly website, or contact us directly by phone. Our friendly and knowledgeable staff will assist you in selecting the perfect service and scheduling a time that fits your needs. We strive to provide flexible appointment times to accommodate various schedules. We also understand that life happens, and we offer a flexible cancellation policy to minimize any inconvenience.

Why Choose Anara? Our Commitment to Excellence

Anara Wellness Studio and In-Home Massage is committed to providing exceptional service and creating a truly transformative experience for each client. We prioritize:

Highly Skilled Therapists: Our therapists are licensed, experienced, and dedicated to providing the highest quality massage therapy.

Personalized Approach: We tailor each treatment to your individual needs and preferences, ensuring a truly customized experience.

Relaxing Atmosphere: We create a serene and tranquil environment, whether in our studio or in your home.

Convenience and Flexibility: We offer both studio and in-home services to

accommodate your schedule and preferences.

Commitment to Hygiene: We maintain the highest standards of hygiene and cleanliness in both our studio and during in-home visits.

Anara is more than just a massage provider; we're your partners in wellness. We are dedicated to helping you achieve a state of deep relaxation and overall well-being. Our goal is to help you escape the stresses of daily life and reconnect with your inner peace.

Conclusion

Anara Wellness Studio and In-Home Massage offers a unique blend of tranquility and convenience. Whether you choose the serene atmosphere of our studio or the comfort of your own home, we are committed to providing you with an exceptional massage experience. Book your appointment today and discover the Anara difference. Let us help you unwind, rejuvenate, and rediscover your inner calm.

FAQs

1. What forms of payment do you accept? We accept cash, credit cards (Visa, Mastercard, American Express), and debit cards.
1. Do you offer gift certificates? Yes, we offer gift certificates in various denominations, making it the perfect gift for any occasion.
1. What is your cancellation policy? We require a 24-hour notice for cancellations to avoid any fees. Please contact us as soon as possible if you need to reschedule or cancel your appointment.
1. What areas do you serve for in-home massage? We currently provide in-home massage services within a [Insert Radius/Specific Area] radius of our studio. Please contact us to inquire about service availability in your area.
1. Do you have any packages or discounts available? We offer various packages and discounts depending on the season and promotions. Check our

website or contact us for current deals.

anara wellness studio and in home massage: Fodor's Kauai [With Pullout Map] Lois Ann Ell, Charles E. Roessler, David Simon, 2012 Detailed and timely information on accommodations, restaurants and local attractions highlight these updated travel guides, which feature all-new covers, a dramatic visual design, symbols to indicate budget options, must-see ratings, multi-day itineraries, Smart Travel Tips, helpful bulleted maps, tips on transportation, guidelines for shopping excursions and other valuable features. Original.

anara wellness studio and in home massage: Dad's Maybe Book Tim O'Brien, 2019 A bestselling author shares wisdom from a life in letters, lessons learned in wartime, and the challenges, humor, and rewards of raising two sons.

anara wellness studio and in home massage: Sacred Woman Queen Afua, 2012-06-20 The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women's bodies and souls "This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one."—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

anara wellness studio and in home massage: My Tiny Atlas Emily Nathan, 2019-03-26 A wanderlust-inspiring and transporting collection of photos from some of the world's most astounding places, organized thematically—vistas, sunrises and sunsets, city streets and urban life, tropical jungles, dramatic architectural facades, food stalls and restaurants, and more—from the premier online curator of travel photography. As much an armchair travel companion as a guide to planning your next trip, My Tiny Atlas contains more than 200 lush, surprising, and stunning photos, along with stories about far-flung locales and tips for experiencing a new location like a local. From Tiny Atlas Quarterly—one of the most trusted sources for authentic, unusual, and inspiring travel photography—this book takes you to every continent and all corners of the world, from Paris, San Francisco, London, and Buenos Aires to the Arctic Circle, Tanzania, Tahiti, and Mongolia. My Tiny Atlas visually explores new destinations with an intimate, insider's view—not of the usual monuments and tourist attractions, but of the real people, mouth-watering food, verdant flora, bustling streets, wild animals, epic views, lazy rivers, architectural gems, and other details that make you feel what it's like to truly be in another place, whether or not you ever leave home.

anara wellness studio and in home massage: Peer Support in Mental Health Emma Watson, Sara Meddings, 2019-01-29 In recent years, the concepts of peer support, self-help and self-management have moved from the periphery of mental health care toward the centre, and have fast become mainstream approaches to supporting well-being. Peer Support in Mental Health provides an overview of the core concepts and an appreciation of the complexities, controversies and applications of each concept. This innovative textbook will support not only mental health professionals and trainees, but also peers, people who use services and their carers. The authors... - Track the development of peer support approaches and provide an overview of their current uses and applications. - Use case examples to support the application of theory to practice. - Draw on lived experience to demonstrate the different approaches to peer support.

anara wellness studio and in home massage: A Journey to Holiness Dominic F Dixon,

2016-06-12 Dr. Dixon's book on "A Journey to Holiness" is a reflection of his personal journey to holiness. Knowing him for over a decade and being his spiritual elder brother, I can say with confidence that he has been striving to walk with God and this walk has not been easy for him and it is never easy. The gate is narrow. On this journey that he has embarked on, he echoes God's voice to the Church as Prophet Elijah did. This book will surely help every Man and Woman on their journey to holiness. Simon Rodrigues - Chairman - Bangalore Catholic Charismatic Renewal Services (BCCRS) "Suppose that God wishes to fill you with honey [a symbol of God's tenderness and goodness]; but if you are full of vinegar, where will you put the honey?" The vessel, that is your heart, must first be enlarged and then cleansed, freed from the vinegar and its taste. This requires hard work and is painful, but in this way alone do we become suited to that for which we are destined" POPE BENEDICT XVI - SPE SALVI

anara wellness studio and in home massage: Poll Dancing Mungo Wentworth MacCallum, **anara wellness studio and in home massage: Cure the Incurable** Mikhail Tombak, Mikhail Tombak, Ph.D., 2006-07-01 Nature has cures for all diseases. In Cure the Incurable the author suggests some successful alternative treatments of diseases written off by traditional medicine as incurable, such as osteoporosis, cancer, diabetes, and many other ailments and afflictions.

anara wellness studio and in home massage: Great Medical Disasters Richard Gordon, 2014-07-01 Man's activities have been tainted by disaster ever since the serpent first approached Eve in the garden. And the world of medicine is no exception. In this outrageous and strangely informative book, Richard Gordon explores some of history's more bizarre medical disasters.

anara wellness studio and in home massage: Resilience Project, The Hugh van Cuylenburg, 2019-11 > 1 in 7 primary school kids have a mental illness > 1 in 5 adults will experience mental ill-health throughout the year > 65% of adolescents do not seek help for mental illness THE POWER OF EXPERIENCE Hugh van Cuylenburg was a primary school teacher volunteering in northern India when he had a life-changing realisation- despite the underprivileged community the children were from, they were remarkably positive. By contrast, back in Australia Hugh knew that all too many people found it hard to be happy, or suffered from mental illnesses such as depression and anxiety. His own little sister had been ravaged by anorexia nervosa. A PURSUIT OF HAPPINESS How was it that young people he knew at home, who had food, shelter, friends and a loving family, struggled with their mental health, while these kids seemed so contented and resilient? He set about finding the answer and in time identified three pivotal traits - gratitude, empathy, and mindfulness - which seemed to underpin the children's resilience. SHARING WISDOM, IGNITING CHANGE In the ensuing years Hugh threw himself into studying and sharing this revelation with the world through The Resilience Project, with his playful and unorthodox presentations which both entertain and inform. Now, with the same blend of humour, poignancy and clear-eyed insight that The Resilience Project has become renowned for, Hugh explains how we can all get the tools we need to live a happier and more fulfilling life. READ THIS BOOK AND YOU WILL- through powerful and touching stories from people Hugh has met and helped during his years on the road. and discover how we can address and cultivate it in our daily lives. in transforming mental health and enhancing overall wellbeing. and obstacles that hinder personal growth and mental health. in helping raise happier children, and learn practical strategies to do so effectively. 'Hilarious, inspiring and heartbreakingly vulnerable, this book has the potential to be life-changing' MISSY HIGGINS

anara wellness studio and in home massage: The Lean Muscle Diet Lou Schuler, Alan Aragon, 2014-12-23 Research shows that although people can lose 5 to 10 percent of their body weight on any given diet, dieting itself is a consistent predictor of future weight gain. Why? At some point, everyone stops dieting. The Lean Muscle Diet solves the sustainability problem while offering immediate results. It's simple: act as if you already have the body you want. If a reader is, say, a 220-pound man who wants to become a muscular 180-pounder, he then uses The Lean Muscle Diet's formula to eat and train to sustain a 180-pound body. The transformation begins immediately, and the results last for life. Lou Schuler, who has sold more than one million copies of his fitness books

worldwide, and Alan Aragon, nutrition advisor to Men's Health, have created an eating and metabolically expensive exercise plan designed to melt fat while building muscle. The best part? The plan allows readers to eat their favorite foods, no matter how decadent. With full support from Men's Health, The Lean Muscle Diet delivers a simple--and simply sustainable--body transformation plan anyone can use.

anara wellness studio and in home massage: Can We Live 150 Years? Mikhail Tombak, 2003-01 How to loose[sic] weight, our diet and cancer, the art of staying young, healthy spine, complete body cleansing, nature's 'doctor', internal and external beauty, natural healing remedies, and much more ...

anara wellness studio and in home massage: *The Alzheimer's Action Plan* P. Murali Doraiswamy, Lisa P. Gwyther, Tina Adler, 2009-04-28 Leading experts from Duke University provide the cutting-edge information that every family affected by Alzheimer's needs--from the benefits of early detection to prolonging quality of life.

anara wellness studio and in home massage: Danger on Midnight River Gary Paulsen, 1995 Gary Paulsen World of Adventure series.

anara wellness studio and in home massage: Tom Weekly 1: My Life and Other Stuff I Made Up Tristan Bancks, 2011-07-01 Fans of Griffiths, Gleitzman and Jennings will be thrilled to have this in their collection ... What a great book. Kids Book Review I'm Tom Weekly. This is a nail-biting - make that toe-biting - thrill ride through my life. This is where I pour out whatever's inside my head. Like the time a bloodthirsty magpie out to get me. Or when I had to eat Vegemite off my sister's big toe. And don't forget the day I ate 67 hot dogs in ten minutes. My life gets a bit weird sometimes but that's how I roll. Top 3 reasons to read this book: 1. Cures for nits 2. Hover underpants 3. Instructions for teleporting **#1 Bestseller Dymocks Older Readers Chart **Top 10 Bestseller Bookscan Children's Fiction Chart **Shortlisted KOALA & YABBA Kids' Choice Awards

Praise for Tristan Bancks: 'Reading Tristan Bancks is like jumping on a rollercoaster - fun, exciting and a bit dangerous, too. Where were books like this when I was a kid?' John Boyne, author of *The Boy in The Striped Pyjamas* 'A tense, hard-edged, no-holds-barred thriller.' Anthony Horowitz, author of the Alex Rider series 'A high stakes adventure that will keep you guessing and breathless until the very end.' Michael Gerard Bauer, author of *Don't Call Me Ishmael* _____ Also by Tristan Bancks: *Scar Town* *Two Wolves* *The Fall* *Detention Cop and Robber* *Ginger Meggs* *Nit Boy* *Mac Slater 1: Coolhunter* *Mac Slater 2: Imaginator* *Tom Weekly 1: My Life and Other Stuff I Made Up* *Tom Weekly 2: My Life and Other Stuff That Went Wrong* *Tom Weekly 3: My Life and Other Massive Mistakes* *Tom Weekly 4: My Life and Other Exploding Chickens* *Tom Weekly 5: My Life and Other Weaponised Muffins* *Tom Weekly 6: My Life and Other Failed Experiments*

anara wellness studio and in home massage: *Mr. Stuart's Track* John Bailey, 2007 On 14 May 1858, an expedition of discovery led by John McDouall Stuart departed from a copper mine located on the very edge of the known world in the North Flinders Ranges. The Australian continent stretched for another 2,000 kilometres to the north and 2,500 to the west and no white man had the slightest idea of what was there. It was to be the first of six expeditions mounted by Stuart, then aged 42, as he sought to uncover the mysteries of the interior and forge a path to the north. Ultimately he was to become part of a race across the continent, his rivals being the Burke and Wills expedition. In the end Stuart was to be the first European to cross Australia from south to north and return again, as the cumbersome expedition of Burke and Wills turned from farce to tragedy. Yet his hero's homecoming was to be shortlived. *Mr Stuart's Track* is a fascinating study of a loner, an explorer of no fixed abode, who battled alcoholism and ill-health to push himself to the limits of endurance in crossing straight through the red centre to the northern seas.

anara wellness studio and in home massage: *Letters of James Murray, Loyalist* James Murray, 1901

anara wellness studio and in home massage: The Dead I Know Scot Gardner, 2015 Aaron Rowe's new job at a funeral parlor may be his salvation from sleepwalking, dreams he can not

explain and memories he can not recover, but if he does not discover the truth about his hidden past soon, he may fall asleep one night and never wake up.

anara wellness studio and in home massage: The Better Man Project Bill Phillips, 2015-06-02 Men take better care of their cars than they do their own bodies, finding health information too technical, scary, or boring. Written and designed in a guy-friendly manner--think of a cross between an owner's manual to a vintage muscle car and a Boy Scout handbook--The Better Man Project aims to change that with a practical health guide to help men achieve the holy grail of a well-lived life. In response to its readers' calls for more health content in the manner that they've come to expect from Men's Health, here is straightforward, personal information delivered with a double-shot of humor. Baby boomers and millennials alike will respond to the promise of leaner, stronger, healthier longevity. Features include: • Health and fitness self-tests so readers see how they measure up to other guys their age • A decade-by-decade cheat sheet for diagnostic tests men must have • Special reports on testosterone supplementation, telomere protection, reversing diabetes and heart disease, and preventing dementia • A troubleshooter's guide to common ailments and quick fixes • A simple plan for losing weight and preserving muscle mass • Answers to 50 questions men are afraid to ask their doctors Readers who seize this moment and follow the world-class tips in this book can expect the next 40, 50, or more years of their lives to be the most active, fun, and satisfying ever.

anara wellness studio and in home massage: Compendium of the World's Languages: Abaza to Kurdish George L. Campbell, 2000 Many languages, particularly those which have achieved literary status, have been studied in great detail, and specialized descriptions of these are plentiful. What has not been so readily available, however, is a general survey covering a wide spectrum of the world's languages on a comparative basis. It is this kind of comparative cross-section of languages, ranging from the familiar and well-documented to the relatively obscure, that the Compendium of the World's Languages presents.

anara wellness studio and in home massage: Women Like Us: Feeling Overwhelmed, Overworked, Overweight and Over It? Ellen Briggs, Mandy Nolan, 2018-04-23 A collection of humorous true stories by stand up comedians Mandy Nolan and Ellen Briggs.

anara wellness studio and in home massage: Tom Weekly 4: My Life and Other Exploding Chickens Tristan Bancks, 2019-02 Have you ever ran from the dentist? Are you petrified of clowns? Have giant head lice try to eat you? Have you ever been attacked by Library Ninjas when your book was five years overdue? And have you come up with a genius way to never do homework again? All of these things have happened to me. I'm Tom Weekly. My life is an exploding chicken and the book in your hands is my attempt to glue it back together again.

anara wellness studio and in home massage: Reverse Design Patrick Holleman, 2018 The Reverse Design series looks at all of the design decisions that went into classic video games. This is the fourth installment in the Reverse Design series, looking at Half-Life. Written in a readable format, it is broken down into six sections examining some of the most important topics to the game: 1. How Half-Life is a key step in the evolution from the composite style of videogame design to the set piece of style of design; 2. How Half-Life defined almost all of the core concepts of the cover-based shooter, and redefined the level architecture of the FPS genre; 3. The small tricks and flourishes that Half-Life used to tell a story through its mechanics, AI and environments--back cover.

anara wellness studio and in home massage: How to Say It® to Seniors David Solie, 2004-09-07 A practical guide to bridging the generation gap. In How to Say It to Seniors, geriatric psychology expert David Solie offers help in removing the typical communication blocks many experience with the elderly. By sharing his insights into the later stages of life, Solie helps in understanding the unique perspective of seniors, and provides the tools to relate to them.

anara wellness studio and in home massage: Tax Litigation David Wallen Chodikoff, 2016 This book covering 30 countries around the globe provides a starting point of practical reference with ready access to the fundamentals of tax litigation in a multi-jurisdictional comparative format. Each chapter covers the following subjects within a specific nation: significant subjects of tax

litigation, the legislative framework for both civil tax litigation and criminal tax litigation, tax evasion and other criminal tax offences, pre-court processes, resolving disputes before commencing court proceedings, the elements of the offence in criminal law, early resolution, the trial process, the role of the judge/arbitrator/tribunal members, the commencement of proceedings for both civil law and criminal law, the government response, the burden of proof, documentary evidence, special rules/considerations, disclosure in criminal proceedings, witness evidence, witness preparation, expert evidence, closing the case in civil and criminal trials, the decision in civil and criminal cases, costs, appeals, recent civil law developments and proposals for reform and recent criminal law developments and proposals for reform.

anara wellness studio and in home massage: Tom Weekly 3: My Life and Other Massive Mistakes Tristan Bancks, 2015-03-02 Fans of Griffiths, Gleitzman and Jennings will be thrilled to have this in their collection. Kids Book Review I'm Tom Weekly. You think you've made mistakes? I've made more. Every single word in this book is true. I do know someone with the worst case of nits in history. Stella Holling used chocolate to trick me into kissing her again. My sister, Tanya, truly is an evil genius. And as weird as it sounds, I really did ask Jack to help me mine my teeth for cash. It's embarrassing, but it's true. Bonus stuff inside this book: 1. Test your dad for Cranky Dad Syndrome 2. Make your own slime 3. Have your brain removed _____ Praise for Tristan Bancks: 'Reading Tristan Bancks is like jumping on a rollercoaster - fun, exciting and a bit dangerous, too. Where were books like this when I was a kid?' John Boyne, author of *The Boy in The Striped Pyjamas* 'A tense, hard-edged, no-holds-barred thriller.' Anthony Horowitz, author of the Alex Rider series 'A high stakes adventure that will keep you guessing and breathless until the very end.' Michael Gerard Bauer, author of *Don't Call Me Ishmael* Also by Tristan Bancks: *Scar Town Two Wolves The Fall Detention Cop and Robber Ginger Meggs Nit Boy Mac Slater 1: Coolhunter Mac Slater 2: Imaginator* Tom Weekly 1: *My Life and Other Stuff I Made Up* Tom Weekly 2: *My Life and Other Stuff That Went Wrong* Tom Weekly 3: *My Life and Other Massive Mistakes* Tom Weekly 4: *My Life and Other Exploding Chickens* Tom Weekly 5: *My Life and Other Weaponised Muffins* Tom Weekly 6: *My Life and Other Failed Experiments*

anara wellness studio and in home massage: Time and the Literary Karen Newman, Jay Clayton, Marianne Hirsch, 2013-09-13 Time and the literary: the immediacy of information technology has supposedly annihilated both. Email, cell phones, satellite broadcasting seem to have ended the long-standing tradition of encoding our experience of time through writing. Paul de Man's seminal essay *Literary History and Literary Modernity* and newly commissioned essays on everything from the human genome to grammatical tenses argue, however that the literary constantly reconstructs our understanding of time. From eleventh-century France or a science-fiction future, *Time and the Literary* shows how these two concepts have been and will continue to influence each other.

anara wellness studio and in home massage: Alexander the Elephant in Zanzibar Pat Davern, Martin Chatterton, 2015-11-02 Ages 4 to 6 years Alexander the Elephant is a picture book for 4-6 year-olds by successful Australian rock musician/writer Pat Davern and award-winning illustrator/writer Martin Chatterton. Alexander is a somewhat nervous, red-ant sandwich-munching, pink and purple-spotted elephant who lives on the island of Zanzibar with his best friend Miss Alicia Peabody, Alicia's Clever Uncle Gerald and Pedro the parrot. When dastardly loggers threaten The Great Tree of Zanzibar, Miss Alicia Peabody and Uncle Gerald help Alexander find the courage to stand up and be counted.

anara wellness studio and in home massage: Prepare for Anything Survival Manual Tim MacWelch, The Editors of Outdoor Life, 2014-06-14 The New York Times bestselling author and survival expert covers hundreds of skills and strategies to help you be ready when disaster strikes. If you're concerned that the world is becoming increasingly unstable, you are far from alone. From natural disasters to terrorism, pandemics, and economic collapse, there are a whole host of catastrophic events to be concerned about. And preparing for the worst is going mainstream. *Outdoor Life: Prepare for Anything* will take you through a wide range of potential threats and how

you can prepare for them, from having the right gear on hand to knowing what to do in the wake of a disaster. This is the book for the growing prepper movement, with hands-on hints, easy-to-use checklists, and engaging first-person stories to break down the crucial do's and don'ts, educate yourself on various threats, and help to ensure that you ride out whatever Mother Nature, the government, foreign powers, or modern society can throw at you. Includes vital information on: • How to prep for a natural disaster, economic collapse, or societal restructuring. • What should be stocked in your house, pantry, basement, bunker, and go-bag. • How to handle yourself and your family in the wake of disaster, from creating a plan to leading your neighborhood watch.

anara wellness studio and in home massage: Tambari Ken Saro-Wiwa, 1973

anara wellness studio and in home massage: **The President's Shadow** Brad Meltzer, 2015-06-16 A severed arm, found buried in the White House Rose Garden. A lethal message with terrible consequences for the Presidency. And a hidden secret in one family's past that will have repercussions for the entire nation. Following *The Inner Circle* and *The Fifth Assassin*, #1 bestselling author Brad Meltzer returns with . . . *The President's Shadow* There are stories no one knows. Hidden stories. I find those stories for a living. To most, it looks like Beecher White has an ordinary job. A young staffer with the National Archives in Washington, D.C., he's responsible for safekeeping the government's most important documents . . . and, sometimes, its most closely held secrets. But there are a powerful few who know his other role. Beecher is a member of the Culper Ring, a 200-year-old secret society founded by George Washington and charged with protecting the Presidency. Now the current occupant of the White House needs the Culper Ring's help. The alarming discovery of the buried arm has the President's team in a rightful panic. Who buried the arm? How did they get past White House security? And most important: What's the message hidden in the arm's closed fist? Indeed, the puzzle inside has a clear intended recipient, and it isn't the President. It's Beecher, himself. Beecher's investigation will take him back to one of our country's greatest secrets and point him toward the long, carefully hidden truth about the most shocking history of all: family history.

anara wellness studio and in home massage: **Amsterdam : Dorling Kindersley Travel Guide** , 2000

anara wellness studio and in home massage: **Shifting Frequencies** Jonathan Goldman, Shamael, 2010-01-01 Now, for the first time, Healing Sounds pioneer Jonathan Goldman tells us about Shifting Frequencies -- how to use sound and other modalities to change vibrational patterns for both personal and planetary healing and transformation. Through his consciousness connection to Shamael, Angel of Sound, Goldman shares his extraordinary scientific and spiritual knowledge and insights, providing information, instructions and techniques on using sound, light, color, visualization and sacred geometry to experience Shifting Frequencies. Explore the use of sound in ways you never imagined for healing and transformation. Discover harmonics as a key to opening to higher levels of consciousness! Learn about the Angel Chakra and what sounds may be used to activate this new energy center! Find out how to transmute imbalanced vibrations using your own sounds! Experience the secrets of Crystal Singing! Understand the importance of compassion in achieving ascension! The material in this book is both timely and vital for health and spiritual evolution. Topics include, The Harmonics of Sound, Vibratory Resonance, Sacred Geometry, Vocalization and Visualization, God Name Chanting, Interdimensional Activation, Frequency and Intent, The Language of Light, Mantras, Chakras, Color & Light, Energy Fields, Healing, Quartz Crystals, Merkabas, Vowel Sounds

anara wellness studio and in home massage: **The Musical Life** W. A. Mathieu, 1994-05-24 Everyone, according to W.A. Mathieu, is musical by nature—it goes right along with being human. And if you don't believe it, this book will convince you. In a series of interrelated short essays, Mathieu takes the reader on a journey through ordinary experiences to open our ears to the rich variety of music that surrounds us but that we are trained to ignore; such as the variety of pitches produced by different objects, like glassware, furniture, drums—anything you can tap; or sounds that hover on the border of music, like laughter, the clinking of glasses in a toast, or the

unintentional falsetto produced by yawning. Along the way the author teaches aspects of music theory that nonmusicians might ordinarily shy away from. He reveals the way of music to be a profoundly spiritual path—one that is everyone's birthright.

anara wellness studio and in home massage: *The Listening Book* W. A. Mathieu, 1991-03-27 The Listening Book is about rediscovering the power of listening as an instrument of self-discovery and personal transformation. By exploring our capacity for listening to sounds and for making music, we can awaken and release our full creative powers. Mathieu offers suggestions and encouragement on many aspects of music-making, and provides playful exercises to help readers appreciate the connection between sound, music, and everyday life.

anara wellness studio and in home massage: *Circle of Song* , 1993 CIRCLE OF SONG is designed as a resource book for musicians, teachers, educators and anyone interested in sharing song, dance and ritual.

anara wellness studio and in home massage: *Music and Miracles* Don G. Campbell, 1992 Personal testimony from researchers, healers, and musicians about how music can change lives.

anara wellness studio and in home massage: *The New Age Music Guide* Patti Jean Birosik, 1989 Profiles of 500 artists, with their recordings who are creating the genre of New Age music.

anara wellness studio and in home massage: *Music Medicine* Rosalie Rebollo Pratt, R. Spintge, 1992

anara wellness studio and in home massage: *Tantra of Sound* Jonatha Goldman, Andi Goldman, 2005 Introduces the field of sound healing into the realm of intimate relationships, and demonstrates how to harness the power of sound to create a better life--includes a CD with basic meditations and a series of simple toning and breathing exercises. Original.

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