



## Massage Therapists



### Aaron Zweig - 805-798-1289

Aaron has a fantastic reputation and is popular for his healing bodywork - we receive outstanding testimonials from our guests. Aaron utilizes three distinct, but often overlapping, modalities: craniosacral therapy, intuitive structural massage and embodiment work.

### Maritza Luz Vega - 805-646-1577

Maritza is a long-term Ojai therapist who performs a myriad of bodywork choices, including intuitive massage, pregnancy massage, biodynamic craniosacral therapy, pre-conception parenting, deep tissue and integrative healing.

### Deb Edwards - 818-970-0388

Deb is also a long-term Ojai therapist who is grounded in various forms of therapeutic massage: modalities include Esalen-style massage with Trager and accupressure. Deb has life guidance techniques, with 35 years experience.

### Emily Violet Elizabeth, CMT, LMT - 805-390-5976

Acupressure, Swedish massage, deep tissue, and hot jade stone therapy.

### Michael Zierhut - 805-798-5590

BA, CMT. Michael combines his knowledge of anatomy and physiology with Swedish massage, sports massage, trigger point therapy and myofascial release for a complete therapeutic treatment.



## Yoga Teachers



### Mihaela Wachsmann - (805) 798-1044

Available Saturday, Sunday and Monday mornings

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***Please note:*** Arrangements are made directly between you (the guest) and the therapist you have chosen. The Ojai Retreat is not party to these arrangements, with the exception of recommending the above therapists to you. However, the therapist is required to inform the retreat staff of the appointment once it is arranged. Thank you.

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