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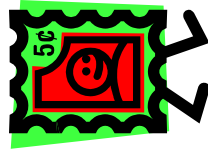
## Tiger Coaching & Personal Training Massage Services

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Massage Services are provided by  
**Cholena "Charley" Soden**

I believe that massage therapy can aid in athletic performance and improve quality of life in many ways. Massage Therapy is proven effective in the treatment of pain, injury, tension, and restricted range of motion. The first thing that is done before a massage session is a postural analysis. This allows me to view the posture of a client and evaluate them to provide the most effective treatment session possible. In my work I often find the cause of the problem is not always located near the symptoms. Neuromuscular Therapy coupled with postural analysis provide me with a way to treat the body as a whole and not just the area that is bothering the client. This allows me to aid the body in returning it to structural balance.

I have been a Licensed Massage Therapist since 2002, graduated with honors from the Omaha School of Massage Therapy. I am Nationally Certified by the NCTMB and a member of the American Massage Therapy Association (AMTA). In addition to my National Certification and State License I am certified in Neuromuscular Therapy by Kent Health Systems. I also am a member of a regional sports massage team The Rocky Mountain Connection.



Tiger Coaching & Personal Training  
2110 Winthrop Rd Suite 100B  
Lincoln, NE 68502



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# Massage Services

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**Tiger Coaching &  
Personal Training**

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Call and make an  
appointment to receive a  
therapeutic, pain relieving  
massage.

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For appointment contact at  
Tel. 402-580-1063  
Email: [esoden3@inebraska.com](mailto:esoden3@inebraska.com)

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## Massage Services

### Massage

The application of soft-tissue manipulation techniques to the body, generally intended to reduce stress and fatigue while improving circulation. The many variations of massage account for several different techniques.

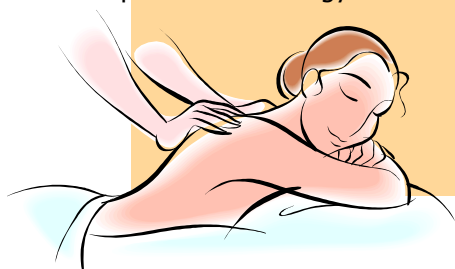
### Benefits of Massage

#### Physical:

- Increase cellular metabolism
- Hastens Healing
- Relaxes and Refreshes the muscles
- Helps to relieve muscle spasm and cramps
- Improves circulation
- Enhances Sports Performance

#### Psychological:

- Relieves fatigue
- Reduce tension and anxiety
- Calms the nervous system
- Makes you feel a sense of relaxation
- Helps to renew energy



### Massage Fees:

#### Including:

**Neuromuscular Therapy,  
Postural Analysis, Trigger Point Therapy,  
Sports, and Relaxation**

Postural Analysis taken for new clients to help evaluate the client and help make adjustments

**30 minutes \$ 30.00**

**60 Minutes \$ 50.00**

**90 Minutes \$ 70.00**

**120 Minutes \$90.00**

### Special Massage Packages:

**3 - massages for \$ 135**

**6 - massages for \$ 255**

Packages need to be paid in full for discount to apply

### Corporate Chair Massage:

**15 min.**

**for \$ 15**

**Ask About  
Group Rates**



### Special Sports Massage for

### Sports Enhancement

Runners - Triathletes - Cyclists  
Team Sports



### **Where Will My Massage or Bodywork Session Take Place?**

Your massage or bodywork session will take place in a warm, comfortable, quiet room. Soft music may be played to help you relax. You will lie on a table especially designed for your comfort.

### **How Will I Feel After the Massage or Bodywork Session?**

Some experience freedom from long-term aches and pains developed from tension or repetitive activity. Some will notice increased range of motion and flexibility. Some people may feel soreness on the areas worked. You will need to ice these areas after the treatment. It is recommended you drink plenty of water following your massage.

### **What Should I Do During the Massage or Bodywork Session?**

Make yourself comfortable. The practitioner will either gently move you or tell you what is needed throughout the session (such as lifting your arm). Many people just close their eyes and completely relax. Others like to talk during their session. Feel free to ask the practitioner questions about massage and bodywork in general or about the particular technique you are receiving.

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Lincoln, NE 68502

**Nothing is ever Achieved that  
stays in a DREAM...TAKE ACTION!**