

*Discover the wonders of **Watsu**---a floating aquatic massage and bodywork experience you will always remember!*

*Imagine being held and gently glided, stretched and floated through a gentle sequence of movements designed to improve your flexibility, decrease pain, and take you to the most deeply relaxed state you have ever found....this is **Watsu**, or water Shiatsu.*



***Watsu** is now offered here at Fit for Life Physical Therapy.*

*Please call to make your appointment on a weekday:*

*Monday/Wednesday/Friday 7-11:00 AM*

*Tuesday/Thursday 12:30- 6 PM*

*~~~~~352-870-9800~~~~~*

*For more information about the healing benefits of*

***Watsu** please see*

*[www.starwaterwatsu.com](http://www.starwaterwatsu.com) or [www.watsu.com](http://www.watsu.com)*