

# Let Yourself Get Walked On

**It will IMPROVE your overall health and well-being.**

**Ashiatsu Oriental Bar Therapy** is a therapeutic massage that involves the use of foot pressure to massage the deep tissue. Bars are placed on the ceiling to provide balance, support and flexibility to the skilled massage therapist, while your back benefits from the deep tissue massage.

“As a professional in therapeutic massage and the fitness industry for over twenty years, I am always looking for innovative techniques to benefit my clients. Ashiatsu Oriental Bar Therapy benefits myself and my clients. It allows me to give a deeper massage than I could with my hands, and the pulling, pressing method of the feet gives clients an overall greater benefit as far as back and posture are concerned,” says Allen.

**The benefits of Ashiatsu Oriental Bar Therapy include:**

- Improvement of Posture
- Improvement of Movement
- Relief of Pain
- Improvement of Bodily Functions
- Release of Stress and Toxins
- Overall well-being

Teresa Allen was trained by the founder of Ashiatsu Oriental Bar Therapy, Ruthie Piper Hardee, who has walked on such backs as **Arnold Schwarzenegger** and **Sugar Ray Leonard**. Teresa Allen is Certified in Ashiatsu Oriental Bar Therapy, making her the only person certified and skilled to walk on your back in the Portland, Oregon area.

###