

la clinique

therapeutic massage and shiatsu

1251 Methodist Point Road
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705 533.2985

Cindy Thomas
R.M.T., C.R.S.

Serge Prudhomme
B.A., C.S.T.



Cindy Thomas is a Registered Massage Therapist, Certified Kripalu Yoga instructor & Certified Rubenfeld Synergist - a body centered approach to psychotherapy.

Cindy has been a Registered Massage Therapist in private practice since 1984.

Her eclectic style is a combination of Swedish Massage Trager, Cranial Sacral, & Trigger Point therapy.

Cindy is a Kripalu Certified Yoga teacher and has been practicing and teaching yoga since 1985. A combination of yoga postures, breath awareness and deep relaxation teach you to listen to your body and deepen self awareness while calming the mind and relaxing the body.

Cindy teaches private and group classes.

Fee structure

1 Hour - \$95

1 ½ Hour - \$135

For more information call 705-533-2985