

About our Center

Donna Bilek established the **earthwalk center for wholeness** in 2005 with a vision for an inclusive center where practitioners and clients are companions on a journey toward wholeness.

Donna has over 25 years of teaching experience, a master's degree in theology, extensive work in spirituality, a national certification in massage, and a Master of Reiki.

Each practitioner of the Center brings to it his or her own unique gifts, personal commitment, and professional expertise.

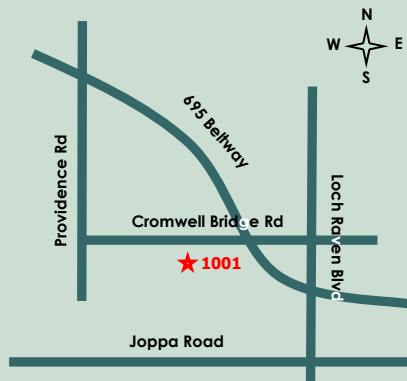
We invite you to join us in this journey of healing. We believe you will find the Center a welcoming oasis.

Call any of the staff to inquire about their services. Classes and workshops are also available on different topics including but not limited to Yoga classes, Reiki instruction, Myers Briggs training, couples massage classes, and drumming circles.

Where are we?

We are located a half mile between Loch Raven Blvd & Providence Rd in Towson less than 1/2 mile from the north side of the beltway.

1001 is a three-story brick building 0.5 miles from Loch Raven Blvd, 0.4 miles from the 695 East exit and 0.5 miles from Providence Rd. We are located on the second floor across from the elevator.



Gift Certificates Available for Bodywork
including Massage, Reiki, Reflexology,
Private Yoga Sessions

Cash, Check, Visa, Mastercard, Discover Accepted

earthwalk Center for Wholeness
1001 Cromwell Bridge Road
Suite 208
Towson, Maryland 21286
410 321-0530
Http://www.earthwalkcenter.com



earthwalk
Center for Wholeness

massage therapy
reiki
integrative reflexology
yoga instruction
art therapy
psychotherapy
adult transition services
social work
medical acupuncture

Donna Bilek, M.A., CMT, Reiki Master
donna4massage@comcast.net
Scott Kover, NCMT, RYT200, Reflexologist
info@scottkover.com

Cathy Goucher, ATR-BC, LCPC
gouchfolk@mindspring.com

Sandy Miller, LCSW-C, M.A.T.

Amie E. Post, M.A., LGMFT
amie.post@comcast.net

Mary Warfield, MD, LAc

Call today to schedule an Appointment!

410 321-0530

Visit us On The Web

<http://www.earthwalkcenter.com>

Massage Therapy

Massage therapy is a hands-on manipulation of the soft tissue and joints of the body. The soft tissues include muscle, skin, tendons and associated fascia, ligaments and joint capsules.

Massage has many diverse physiological effects, which are primarily due to the therapist's hands moving over the body. The different movements can physically stretch muscles, ligaments, tendons and fascia, encourage the circulation through the tissue, inhibit muscular spasms and either sedate or stimulate the nervous system.

The therapeutic use of massage by a registered massage therapist affects all the systems of the body - in particular, the muscular, circulatory, lymphatic (immune) and nervous systems.

Available from: Donna Bilek—Extension 1
Scott Kover—Extension 2

Swedish Massage

One of the most well-known massage techniques, Swedish massage is a vigorous system of treatment designed to energize the body by stimulating circulation.

Five basic strokes are used to manipulate the soft tissues of the body. Therapists use a combination of kneading, rolling, vibration, percussive and tapping movements, with the application of oil, to reduce friction on the skin.

Some of the many benefits of Swedish massage include general relaxation, dissolution of scar tissue adhesions and improved circulation, which may speed healing and reduce swelling from injury.

Available from: Donna Bilek—Extension 1
Scott Kover—Extension 2

Deep Tissue Massage

This deep form of bodywork helps to release myofascial restrictions in the body. It relieves chronic tension, increases range of motion, and improves posture and enhances self-awareness.

Connective tissue massage restores length and flexibility to the fascia, normalizing the tissue and bringing greater health through the fascial system.

Available from: Donna Bilek—Extension 1
Scott Kover—Extension 2

Lomi Lomi Massage

The Hawaiian system of massage utilizes very large, broad movements. Two-handed forearm and elbow application of strokes, which cover a broad area, is characteristic of Lomi Lomi.

Lomi Lomi is Hawaiian for *rub-rub*. Oils are used in the application of cross-fiber friction techniques.

Available from: Donna Bilek—Extension 1

Warm Stones Massage

Warm stones of all shapes and sizes are used during Warm Stone massage therapy to elicit physical healing, mental relaxation and a spiritual connection to earth energy. Warm stones encourage the exchange of blood and lymph and provide soothing heat for deep-tissue work. Stones are placed in varying positions on the body

for energy balancing or may be used by the therapist for specific trigger-point work.

Available from: Donna Bilek—Extension 1

Myofascial Release

Myofascial release consists of very slow strokes to the connective tissue (fascia) throughout the body.

When fascia becomes tight in certain areas of the body, you may notice reduced movement in the body. In addition, due to tightness to the fascia, bones or joints may even move out of alignment causing tension around nerves and discomfort.

The benefits of Myofascial Release include more freedom in movement as well as a better aligned body which can help reduce aches and pains.

Available from: Donna Bilek—Extension 1
Scott Kover—Extension 2

Reiki

Reiki (pron. Ray-Key) is a system of enlightenment and a Hands on Healing art developed in the early 1900s. As a form of hands-on healing, a practitioner places their hands on different parts of the client's body, generally following the seven main chakra centers in the body and the arms and legs. If there are particular issues of concern on the part of the client, more time is spent in that area.

Reiki practitioners are a vehicle for healing energy to flow through them allowing that energy to enter the client in as much as the clients needs or wants that energy. A full Reiki session lasts one hour but time can be adjusted if the client requests it.

Available from: Donna Bilek—Extension 1

Integrative Reflexology

Reflexology is based on pressure point massage and acupressure. All of the meridians in Eastern Medicine begin or end with the feet or hands.

A typical Reflexology session will consist of pressure being placed on different areas of the feet to stimulate major organs and glands. Through this stimulation, Reflexology can help the body in it's own healing process or inform you of what may be going on in your body.

Available from: Scott Kover—Extension 2

Couples Massage

Couples massage is a great way for two friends, partners or a married couple to spend time with one another while both getting a relaxing massage together in the same room. Each massage is personalized for you individually. A great gift for a friend, partner, husband or wife or that special someone in your life.

Available from: Donna Bilek—Extension 1
Scott Kover—Extension 2

Yoga

Yoga is a form of exercise and self-connection that focuses not only on stretching muscle groups but also a way for you to become more aware of your body through strengthening and lengthening your muscles and also helping you to create better balance in your body and in your mind.

Personalized Yoga Instruction is built on your specific goals and where you are physically on a day-to-day basis. You will learn how your body is currently functioning and what you can do to improve this functionality.

Available from: Scott Kover—Extension 2

Art Therapy

Art Therapy is the therapeutic use of art making, within a professional relationship, by people who experience illness, trauma, or challenges in living, and by people who seek professional development. Through creating art and reflecting on the art products and processes with an art therapist who is trained in both art and therapy, you can increase awareness of self and others, cope with symptoms, stress, and traumatic experiences; enhance cognitive abilities; and enjoy the life-affirming pleasures of making art.

Available from: Cathy Goucher—Extension 3

Psychotherapy

Individual, couple and family psychotherapy help people take up the challenge of thinking in new ways about the difficult situations they face, identifying and exploring new solutions and inspiring growth.

Available from: Sandy Miller—Extension 4
Amie Post—Extension 5

Social Work

Therapeutic services are offered to individuals and families, adolescents and young adults challenged by developmental, physical, and emotional disabilities, including persons with Pervasive Developmental Disorder and Asperger's Syndrome.

Assistance in navigating the world of transition services for the developmentally disabled is also available. These services include, but are not limited to: applying to DORS, DDA, and MHA; advocating for obtaining GTYI funding through DDA after an adolescent ages out/graduates from high school; applying for SSI after a child turns 18; finding funding and a licensed day program to help those in need reach their potential.

Group sessions are also available for social skills, team-building experiences and leisure awareness.

Available from: Sandy Miller—Extension 4

Medical Acupuncture

Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. Medical acupuncture is acupuncture performed by a doctor trained and licensed in Western medicine who also has training in acupuncture as a specialty practice. Acupuncture can influence health in multiple ways

including, promotion of health and well being, preventing illness and treating various medical conditions. It can be particularly useful in resolving problems related to tension, stress and emotional conditions. Acupuncture may be effective as sole therapy or to support and complement other treatments.

Available from: Mary Warfield—Extension 6