

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.

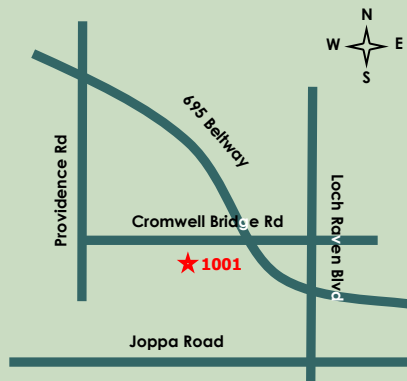
We invite you to join us in this journey of healing. We believe you will find the Center a welcoming oasis.

Call any of the staff to inquire about their services. Classes and workshops are also available on different topics including but not limited to Reiki instruction & attunements, 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,
CranioSacral Therapy & Lymph Drainage Therapy

Cash, Check, Visa, Mastercard Accepted

earthwalk Center for Wholeness
1001 Cromwell Bridge Road
Suite 208
Towson, Maryland 21286
410 321-0530



earthwalk
Center for Wholeness

Intuitive Bodywork
Massage Therapy
Reiki
Hara & Grid Line Repair
Integrative Reflexology
Lymph Drainage Therapy
Lymphedema Treatment
CranioSacral Therapy
Spiritual Companionship

Donna Bilek, M.A., LMT, LDT
Massage Therapist, Reiki Master,
Lymph Drainage Therapist, CranioSacral Therapist
Scott Kover, RMP, LLCC, RYT200
Massage Therapist, Reiki Master,
Reflexologist, Certified Lymph Drainage Therapist

Call today to schedule an Appointment!

410 321-0530

<http://www.earthwalkcenter.com>

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Towson, MD 21286

Intuitive Bodywork / Massage Therapy

- Swedish Massage, Deep Tissue Massage, Lomi Lomi Massage, Warm Stones Massage, Couples Massage
- Hands-on manipulation of the soft tissue and joints of the body including muscle, skin, tendons and associated fascia, ligaments and joint capsules.
- 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

Reiki (pron. Ray-Key)

- System of enlightenment and a Hands on Healing art developed in the early 1900s.
- 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
Scott Kover—Extension 2

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

Integrative Reflexology

- 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

CranioSacral Therapy

- A gentle hands-on method of evaluating and enhancing the functioning of the CranioSacral system comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.
- Using a soft touch practitioners release restrictions in the CranioSacral system to improve the functioning of the central nervous system.
- Used as a preventative health measure and is effective for a wide range of medical problems associated with pain and dysfunction including Migraine Headaches, Chronic Neck & Back pain, Scoliosis, Chronic Fatigue and TMJ syndrome (just to name a few).
- Pioneered and developed by osteopathic physician John E. Upledger following extensive studies between 1975 and 1983.

Available from: Donna Bilek—Extension 1

Lymph Drainage Therapy

- The Lymphatic System plays a huge part in the body's ability to drain stagnant fluids, regenerate tissues, filter out toxins and foreign substances & maintain a healthy immune system.
- The tiny muscular units that pump the lymph can become hindered or stopped due to surgery, trauma, burns, infections, substantial swelling, fatigue, stress, or even age.
- The Lymph Drainage Therapist using their hands placing very light pressure on the client to follow the mapping of his/her lymphatic system and aid in the drainage of the lymphatic fluid throughout the body.
- Original hands-on method of lymphatic drainage developed by Bruno Chikly, MD, DO (hon.).

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

Complex Decongestive Physiotherapy Treatment for Lymphedema

- Lymphedema generally occurs as a result of either a genetic defect of the Lymphatic System or as a result of one or more of the following—Surgery, Lymph Node Biopsy or Dissection, Cancer, Radiation Therapy, Chronic Venous Insufficiency, or Parasites (which is rare in the US). Lymphedema may only be diagnosed by a physician and a referral is necessary for treatment.
- Complex Decongestive Physiotherapy includes Lymph Drainage Therapy, Rerouting of the Lymphatic Vessels, Compression Bandaging of the affected limb(s) as well as the patient performing specific exercises between treatments. The number and frequency of sessions is based on the severity of the edema and is discussed on the first session.

Available from: Scott Kover—Extension 2

Spiritual Companionship

- “earthwalk” means journey of this life. As a spiritual companion, I walk with another in their quest of the Divine. By listening to their story and asking questions, I assist in the clarification of the experience and provide a path to a deeper experience.

Available from: Donna Bilek—Extension 1

Rates

Bodywork Sessions

30 Minutes: \$55
60 Minutes: \$80
90 Minutes: \$115

Reiki Sessions (with Donna Bilek)

30 Minutes: \$40
60 Minutes: \$60

Reiki Sessions (with Scott Kover)

30 Minutes: \$35
60 Minutes: \$55

Lymph Drainage Therapy & Complex Decongestive Physiotherapy (for Lymphedema)

Per 15 Minutes: \$20